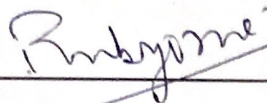


CERTIFICATION

This is to certify that this dissertation submitted by me is a bonafide work completed by Ms. Priyal Nitin Shah under my guidance.it is being in partial fulfillment of the requirement of Masters of Arts Degree in Economics

April 28, 2018

Place: Mumbai



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**A STUDY OF SANITATION FACILITY AVAILABLE TO SCHOOL
GOING ADOLESCENT GIRLS WITH SPECIAL REFERENCE TO
SANITARY NAPKINS**

**A THESIS SUBMITTED TO
SNDT UNIVERSITY MUMBAI**

**FOR THE DEGREE OF
MASTERS OF ARTS**

IN

ECONOMICS

SUBMITTED BY

Ms. PRIYAL SHAH

UNDER THE GUIDENCE OF

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DEPARTMENT OF ECONOMICS

SNDT WOMEN'S UNIVERSITY

NEW MARINE LINES, MUMBAI

2017

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SANITARY NAPKINS**

BY PRIYAL SHAH

SR.NO	INDEX	PAGE NO								
1	Declaration	3								
2	Certification	4								
3	Acknowledgement	4								
4	<table><tr><td colspan="2">Introduction</td></tr><tr><td>1.1</td><td>Introduction</td></tr><tr><td>1.2</td><td>Objective</td></tr><tr><td>1.3</td><td>Methodology</td></tr></table>	Introduction		1.1	Introduction	1.2	Objective	1.3	Methodology	6 to 9
Introduction										
1.1	Introduction									
1.2	Objective									
1.3	Methodology									
5	Review of literature	10 to 26								
6	Data analysis and findings	27								
7	Conclusion	28 to 64								
8	Recommendation	66 to 67								
9	Bibliography	68 to 72								
10	Appendix	73 to 79								

DECLARATION

I hereby declare that the work presented by me in this declaration titled “A study of sanitation facility available to school going adolescent girls with special reference to sanitary napkins” is original. I have not submitted the same in part for any Degree or diploma to any other institution or university.

Date: April 28, 2018

PRIYAL SHAH

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ACKNOWLEDGEMENT

The research project is chosen by me “A study of sanitation facility available to school going adolescent girls with special reference to sanitary napkins” was a work of experience for me. Giving it form was quite challenging task. I consider myself extremely lucky as an individual for having to do this as part of my curriculum.

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I would like to express my sincere gratitude towards my parents for providing me with necessary opportunities in life. The corporation and encouragement helped me in completion of this whole work. There can not be a better opportunity than this to express my deepest gratitude to them.

Last but not the least my word of thanks you and appreciation goes to all the respondents for their help and transparency during my research. Their information has helped me complete this thesis.

I perceive the completion of this work as a milestone of in my career. I will strive to use the skill developed here in the best possible way.

PRIYAL SHAH

A STUDY OF SANITATION FACILITY AVAILABLE TO SCHOOL GOING ADOLESCENT GIRLS WITH SPECIAL REFERENCE TO SANITARY NAPKINS

- BY PRIYAL SHAH

1.1 INTRODUCTION

Sanitation is basically a hygienic disposal or recycling of waste. It also is considered as a practice that allows protection of health with the help of hygienic measures (UNESCO, 2003) In the 19th century the term "sanitary" was understood to mean something "relating to health, or relating to or used in the disposal of domestic waterborne waste" (Merriam-Webster's Collegiate Dictionary, eleventh edition year, 2003: 84)

India is rapidly emerging as one of the world's largest economies with an upward trend in the GDP but basic needs like school sanitation facilities across the country remain woefully inadequate. Women are the worst sufferers when it comes to lack of sanitation facility in India. Despite government efforts to improve the situation, a recent report by the Right to Education Forum showed that schools in India still lack a functional common toilet and lack separate toilet facilities for girls. According to the Annual Status of Education Report (ASER) 2013, 47% schools in the country still do not have separate toilets for girls, increasing their chances of

dropping out or facing regular difficulties. It is not only the lack of sanitation facility that acts as an obstacle towards girl's education but also menstrual hygiene continues to be amongst the most challenging development issues today in India. Not only do deep-rooted established taboos, myths and misinformation create the illusion that menstruation is inherently disgraceful but in countries like India, women and girls often lack access to hygienic sanitary materials and basic facilities of sanitary napkins necessary for good menstrual hygiene management. Only 12% of India's 355 million menstruating women use sanitary napkins. Over 88% of women resort to shocking alternatives like unsensitized cloth, ashes and husk sand. Incidents of Reproductive Tract Infection (RTI) is 70% more common among these women. Inadequate menstrual protection makes adolescent girls (age group 12-18 years) miss 5 days of school in a month (50 days a year). According to a recent report by the UNESCO, over 20% of Indian girl students drop out of school upon reaching puberty, crippling their education. The biggest barrier to using a sanitary napkin is affordability. Around 70% of women in India say their family can't afford to buy them. The Goods and Services Tax (GST) on sanitary pads has turned into a state of dispute with political gatherings, activists and citizens blaming the legislature for dismissing the requirements of women and by putting sanitary napkins under 12% slab and not under 0% slab might further increase the number of drop outs. This is the bitter reality of country which sees the launch of initiatives like Sarva Shiksha Abhiyan, Beti Padhao Beti Bachao and Swachh Bharat Abhiyan. To make society which is accessible to a girl child and which is more women friendly a proper counselling and guidance to vending machines, with good quality, affordable sanitary materials.

1.2 OBJECTIVE

- ❖ To study the type of sanitation infrastructure available for girls of senior secondary grade in government and private school
- ❖ To study the availability of sanitary napkins to the students.
- ❖ To study the rates of absenteeism during the menstrual days due to lack of proper toilet facility
- ❖ To analyze weather cost and affordability of sanitary napkins leads to absenteeism during menstrual days
- ❖ To study the impact of GST on the availability of sanitary napkin.
- ❖ To study the suggestions given by the students.

1.3 METHODOLOGY

❖ Study design

This is a primary study of girls studying in elementary and senior secondary schools situated in Mumbai.

❖ Sample

The study was carried out in senior secondary schools situated in Mumbai. **This** study is comprised of girls who have reached their puberty and are studying in schools.

❖ Sample Size Determination

As per the requirement of study a suitable sample size of 50 students was selected within the target population.

❖ Sampling Method

This was a multistage random sampling in which a sample frame of all the elementary and senior secondary schools in Mumbai was acquired from these schools 1 private and 2 government schools were selected by simple random sampling and the number of girls to be sampled in each of these schools was predetermined. A stratified sampling by sex and class level was then done to select the number of girls who have hit their puberty. Finally, a simple random sampling was done to select the actual male and female subjects to be given questionnaire.

❖ Study instrument

A structured self-administered questionnaire was designed and used to collect information from girls, as well as data was collected based on observation.

❖ Data analysis

The data was processed using windows excel, SSPS. Simple statistical tools like average, percentage is used

REVIEW OF LITERATURE

■ ('March 2013'- Sandeep Srivastava & PEMD team)

2.1) This study was conducted with an objective to not only find out status of sanitation and hygiene facilities and condition of selected schools in Siddharthnagar, Mahrajganj, Basti, Gorakhpur, Lucknow and Jhansi but also to analyze the status and condition of waste management in these schools. The methodology for study includes survey of selected schools in 6 districts of Uttar Pradesh.

Uttar Pradesh (UP) has 34 million school-going children (Annual Status of Education Report,). The study tried to provide status of sanitation and hygiene in schools. Questions regarding sanitation and hygiene in schools was asked. The targeted area was Lucknow. Primary and secondary school were selected in Lucknow. The result on aforesaid issue became disappointing. It was observed that there two to three toilets available for a large number of students. Such situation results in drop out of girls from school. Of several surveyed school, one senior secondary school in Lucknow have 4000 college students even as availability of toilet is only two. Only 8 colleges were found which disabled friendly bathrooms, rest had been of schools i.e. 174 do not have bathrooms for the. Hygiene could be very extreme issue for girls while talking about menstrual hygiene.

Restricted quantity of bathrooms is invitation for open defecation thus leading to various health hazards.

■ (July 3, 2014 - Harshad Thakur, Annette Aronsson, Seema Bansode, Cecilia Stalsby Lundborg, Suchitra Dalvie & Elisabeth Faxelid)

2.2) The principle objective was to survey information, practices, and limitations confronted by young ladies with respect to their menstrual cleanliness. A structured questionnaire was used that elicited information on demographic and socioeconomic background of individuals in addition to information related to the objectives. The study was conducted in Bombay Development Department (BDD) chawls (buildings) located in Naigaon area of Parel. (January–March 2008)

It was observed that because of the deficient learning, there were sure unhygienic practices took after by the young ladies bringing about poor menstrual cleanliness.

information related to the objectives. Most of the population in these buildings work in the mills and industries in the surrounding area. The mean per capita income was Indian Rs. (INR) 2123/- per month. 30–40% of young girls did not receive any information about menstruation before menarche. times/day. Some girls had been told to use cloths when at home and to use sanitary pads when moving outside their home. According to the girls, the mean cost for sanitary protection during a month was 40–45 INR with the range between 20 and 100 INR. Most them also washed the used sanitary napkins and wrapped them in a newspaper or a plastic bag before disposal. On the other hand, cloths were said to be better when the bleeding was heavy since it could soak better than the sanitary pads.

To eliminate limitations in relation to menstruation, changes are required in women's health situation and product development and marketing at a low cost.

■ ('November 11, 2014'-Umesh Shrivastava & Dr. Neha Mathur)

2.3) It was observed that women have to travel 14 kilometers for water, they cook food for a joint family of 8 adults on an average when they have their monthly cycles, and use a rag or a dirty piece of cloth or sometimes ash as a menstrual protection tool. Lack of accessibility and awareness are other two common factors which further hinder the usage of napkins. In rural India, females feel hesitant to approach a shopkeeper. One of the shocking truths about rural Indian females is that quite a considerable amount of them do not wear undergarments which again lead to various infections. Strange and sad as it may sound, most of the rural India still defecates in the open. The same set of values to her daughter. They feel that if a piece cloth can perform the same function why squander cash on purchasing sterile napkins. It was found in the survey that starting of the menstruation cycle amongst adolescent girls was the biggest cause of absenteeism in school. As villages have confined spaces and no garbage bins, even if a female chooses to use the napkins, there is a problem of proper disposal of the napkins. Affordability is another issue which looms large in rural India where there is a constant fight for survival; usage of sanitary napkins becomes a want more than a need

■ (December 2, 2016 - Devpriya Chakravarty)

2.4) It was observed that 23% of adolescents drop out of schools upon reaching menarche Young girls are absent on 20% days in school annually 31% women miss on an average 2.2 days of work during their periods 63% have access to a lavatory and among these Every 2, if not more out of 5 girls knew nothing about menstruation before they reached menarche. Statistics of a study (2012) showed how

significantly more (60.6%) urban girls were using sanitary pad as compared to rural (30.8%) girls. Time and again, studies conducted have seem to come to the same point that there is a dearth of proper information being imparted to these teenage girls. Disposing of the pads needs to handle sensitively to avoid further complicated unhygienic conditions, rural women find it comfortable to stick to using cloths that are washable.

An important issue is the financial states of the ladies living in these rural areas, having a place with the lower wage gatherings and therefore rendering them unfit to bear to buy sanitary napkins of standard brands.

Thus, only through co-operative measures the vulnerable conditions of women can be improved and only then society can progress.

■ (February 2011 - Adika V.O, Yabga J,
Apiyanteide F.A, Ologidi P.W & Ekpo,
K.E.)

2.5) The study attempts to determine the perception and behavior of adolescent pupils on use of sanitary pads during menstruation. Cross sectional survey method was used, attempts were made to interview; and give out questionnaires, by randomly selecting adolescent pupils and purposely selecting the educational institutions included for the study. These were made up of public primary schools and secondary schools in Amassoma, the location of the Niger Delta University, Bayelsa State, Nigeria

In Nigeria, the onset of menstruation profoundly changes an adolescent pupil's life. Lack of access to sanitary pads during menstruation has been a hindrance to attending school, thus most poor girls use cloth rags to absorb flow with emission of bad odors or easy leak, extreme discomfort and embarrassment. It was revealed

that sanitary pads are not usually affordable for many adolescent girls of schooling age, and as such they use other materials and methods such as washing or staying away from school completely. It was seen that many girls used sanitary napkin while going out or only on the first two days and changed napkins twice a day. Unhygienic behavioral practice of not using sanitary pads during menstruation is a result of negative perception and behavior, thus endangering the reproductive health and wellbeing of these adolescent school girls. The study highlights the need for further implementation of educational programs, counselling and training on the use of sanitary pads during adolescent girl's menstruation.

■ (August 27, 2015 _ Eunice Kagendo Njue¹, George M. Muthaa)

2.6 **The government of Kenya introduced** Free Primary Education with guarantee all school matured kids secure essential training. Despite this administration venture, the participation of young girls in grade school instruction has been low. This investigation went for evaluating impact of sanitation on participation of the girl-child in public primary schools in Garissa County, Kenya. The study adopted a descriptive survey research design. The population was made up of girls and teachers in public primary schools. A sample size of 704 respondents comprising of 640 class seven girls, 32 head teachers and 32 class seven class teachers was sampled. Questionnaires, observation schedules and interview schedules were used for data collection. The investigation prescribes advancement of clear arrangements on arrangement of sanitation facilities and expands the quantity of sanitary napkin provided per young lady. The administration should set aside satisfactory budgetary assignment to give school sanitation facilities. To enhance access and participation in socio-economic development, the government of Kenya implemented the free primary education programme in January 2003 with the aim of providing more opportunities to the disadvantaged school age children. Education led to pressure on provision of sanitation facilities

■ (JANURARY- APRIL 2015 _ Tarhane, Kasulkar.)

2.7 Tarhane and Kasulkar conducted a study about Awareness of adolescent girls regarding menstruation and practices during menstrual cycle. It was a cross-sectional study was conducted on 100 adolescent girls of age group 12 – 18 through pretested questionnaires. The study highlighted that 79% of the adolescent girls used pads and 21% used clothes. The use of pads was higher which was probably due to the fact that availability was high in these areas and also due to influence of television which has increased awareness regarding availability and use of sanitary napkins. For majority mothers were the first source of information. Menstruation is still regarded unhygienic or dirty in Indian society. Today, millions of women are sufferers of Reproductive Tract Infection due to lack of hygiene and safe practices. It was observed that majority didn't know the proper way of disposal of sanitary napkins as well as hygiene standards that should be maintained. Majority had a proper and regular menstrual cycle. More than half of the girls bunked school during their menses. Dysmenorrhea prevailed among 94% of the girls and premenstrual syndrome prevailed among 59% of the girl.

These findings lacked in showing the importance and lack of education among women which could help them to lead a safe and healthy life as well as lack of government efforts in decreasing the absenteeism among girls

■ (February 2014) _ K.Sathyamurthi

2.8 Narayanan K.A had conducted a study on adolescent girls between the age-group of 10-19 years. A structured questionnaire was use as a method of data collection. A verbal consent was obtained from the girls before administering the questionnaire. In the school, there were a total of 120 girls between the ages of 15-19 years. Purposive sampling was used for this study. The study highlighted the fact that most of the girls used cloth as a menstrual pad, and they reused the cloth after washing it with soap and water and discarded the cloth by burning it after

using it at least for 4 - 5 months. There was lack of knowledge and awareness about the hygiene to be maintained during the menstrual days. There were a lot of custom taboos that had to be followed during menstruation. Many couldn't afford sanitary pads due to their socio economic condition. More than half were complaining about stomach ache during menstruation. It was seen that girls who used cloth during menstruation were suffering from genital infection. It is observed that very few girls acquired the knowledge about menses from their teachers. The research didn't take into consideration the level of absenteeism due to menstruation among girls and the sanitation facility provided to them.

■ (April-June 2012, Ray Sudeshna¹, Dasgupta Aparajita²

2.9 This study illustrates that Menstrual hygiene is an issue that is insufficiently acknowledged. Lack of adequate privacy and sanitation of toilets for school girls; make them vulnerable to mental, emotional and physical problem especially during their menstruating days. The study was conducted with an objective to identify the issues and challenges of menstruation faced by the adolescent girls, to determine the factors behind the existing practices of menstrual hygiene and to find out the proportion of the study population complaining of symptoms related to genitourinary tract and related health care seeking behavior. The methodology used to analyze this study was descriptive, cross-sectional method among 190 adolescent girls of a rural secondary school of West Bengal. Majority of them were aware of menstruation before menses but more than half of the girls were ignorant about the use of sanitary pads during menstruation. Majority of the girls preferred cloth pieces rather than sanitary pads as menstrual absorbent very few used sanitary napkins (13.62%). Poverty, high cost of sanitary napkins and the myth and taboos related to menstruation dissuaded the study population from using the menstrual absorbents available in the market. It was observed in this study that the usual practice was to wash the cloth with soap in the pond after use and keep it at some secret place till the next menstrual period. To keep the cloth away from prying eyes, these were sometimes hidden in unhygienic places. Privacy for washing, changing

or cleaning purpose is something very important for proper menstrual hygiene, but in this study, lack of privacy was an important problem both at home and at school.

■ (October 7, 2016 _ DR.R.UMA DEVI, DR.C. SIVAGURUNATHAN
AND DR.P. MOHAN KUMAR)

2.10 The study highlights the fact that Adolescent girls constitute about 1/5th total female population in the world. Adolescence is marked with onset of menarche. Women having a better knowledge regarding menstrual hygiene and safe menstrual practices are less vulnerable to reproductive tract infections and its consequences the method used to conduct this study was cross sectional method. Majority were aware of menstruation before menarche. For many of them mother was the first source of information. 50% girls have reported use of sanitary pads during menstruation. 35.55% girls have reported use of old clothes during menstruation. most of them were not allowed to cook attend religious functions. The study also brought into consideration that Government of India is starting a scheme of making available subsidized sanitary napkins to adolescent girls in the age group of 10-19 years in rural India from August 2011. As part of promotion of menstrual hygiene, the napkins will be sold by the ASHA to girls at a cost of Rs.6 for a pack of six i.e. Rs.1 per piece in the villages. This will not only decrease the dropout rate but also make a society which is women friendly and accessible to girl child.

■ (2016_ Haftu Berhe, Dr. Alemayehu Bayray, Rozina Ukbayohannes, &
Getachew)

2.11 This study was undertaken among the adolescent school-going girls, in Mekelle Town, Tigray, Ethiopia. The study subjects were randomly selected adolescent school-going girls of grade 9th and 10th were the sample from whom

data was collected using questionnaire. Cross sectional study method was used. The findings of this research were different in sense that it not only said that lack of availability of sanitary napkins leads to drop out but also many girls exhibit period pains leading to them drop out of school. In Ethiopia, high (72%) prevalence of dysmenorrhea with absenteeism of 48% observed in schoolgirls due to pain. Majority of respondents 432(93.3%) learned lesson on menses in one of their educational subjects like biology and physical education at school. Besides personal hygiene and management of menstruation was another problem .High rate of poor hygienic practice was identified in this study and absenteeism because of menstrual problems was the major challenge. Thus, it should be taken into account to solve menstrual problems that affect females in their education.

■ (January- April 2016_ Channawar Kanchan1, *, Prasad VSV)

2.12 A cross-sectional, questionnaire-based study among adolescent school students was conducted in Sharda Vidyalayain Hyderabad in August 2015. The study was conducted on 263. It was seen in present study that 91.2% used pads and 6.8% used clothes. The use of pads was higher which was probably due to the fact that availability was high in these areas and also due to influence of television which has increased awareness regarding availability and use of sanitary napkins. In the study, it was found that 66.5% girls washed the genitals with soap and water, 33.4% with only water. The commonly practiced methods of disposal of the used absorbent were, house dustbin. The study revealed that the knowledge on menstruation is poor and the hygiene practiced is often not optimal. The girls should be educated about the facts of menstruation and above all about proper hygienic practices and selection of disposable sanitary menstrual absorbent.

Menstrual health is an important part of life cycle approach to women's health, so it is important for all adolescent girls that they should get a loud and clear messages and services on this issue.

■ (2012_. Shanbhag D, Shilpa R, D’Souza)

2.13 This study was carried out with an objective to assess the perceptions and practices regarding menstrual hygiene among selected high school girls in Bangalore city. A pre-designed, pre-tested and structured questionnaire was administered.

A large of majority of 99.6% of the students had heard of menstruation and 57.9% had acquired this knowledge before attaining menarche. Even though the term “menstruation” was heard by most of the respondents, the actual knowledge regarding the process of menstruation was unsatisfactory. Personal hygiene practices were also found to be unsatisfactory. There were many myths and taboos followed by the people. Avoidance of certain foods and practices during the time of menstruation was some of the cultural factors in play. Reproductive tract infections, which has become a silent epidemic that devastates women's life is closely interrelated with poor menstrual hygiene. The false perception, deep rooted believes, ignorance and unsafe practices regarding menstruation continue to exist.

Thus, the above findings reinforce the need to encourage safe and hygienic practices among the adolescent girls and bring them out of traditional beliefs, misconceptions and restrictions regarding menstruation

■ (October 9, 2017 _ Shabnam Omidvar, Khyrunnisa Begum)

2.14 This study focusses on various hygiene practices followed by girls residing in major cities of South India. Questionnaire were distributed for obtaining information. The study was conducted with an objective to assess hygienic behavior of unmarried females aged 15 to 22 years and factors affecting their behaviors.

It was seen that 19.1% girls used cloth material as menstrual absorbents never the less practice of cleaning or sanitizing was not appraised. Place of storage of pads/ napkins is equally important for their cleanliness, especially practice of storing in bath rooms is disturbing since it could give rise to harboring of dust and insects. The proportion of participants having bathroom as storage place was 21. 1%. Healthy practices are important for health and wellbeing of individuals. Sanitary napkins were changed less frequently The probable reason for not changing the pads could be ignorance and lack of facility. Use of unsanitary and sub-standard menstrual absorbents was common among girls from low socio-economic status. Therefore, undoubtedly poverty and low social class play a major role on the choices of absorbents leading to the use of unsanitary materials. Menstrual period is one such time when females are expected to adopt hygienic practices. A variety of factors are known to affect the behaviors. Age, culture, awareness and socio-economic condition are often found to exert profound influence on the behaviors and practices. Age and socio-economic condition are were the most influencing factors, as they influenced the choices for menstrual absorbents and other practices such as personal hygiene, bathing and washing of genital tract was common, changing of pads at night and school hours was followed by higher percentage of girls. Further, girls are becoming conscious about the importance of adopting healthy practices during menstrual period since majority of girls opined the need for menstrual health education.

It is important therefore that a sustained public health awareness program is developed to operate in population to create better awareness among women. Such initiative would make women population self-sufficient to manage their health and wellbeing.

■ (October 2014_ Abhijit V. Boratne, Shib Sekhar Datta, Karthiga V,
Zile Singh and Amol R. Dongre)

2.15 This study was conducted on adolescent school girls of Pondicherry with an objective to analyze the perceptions and practices about menstruation among adolescent school girls in Pondicherry. A cross-sectional study was done among two urban and two rural schools

About one-third (34.5%) and 42.05% respondents respectively considered menstruation as a problem and impure state. About two third (66.39%) girls experienced menses of duration 1-5 days while one third (32.61%) reported period more than 5 days. 273 (75.83%) study subjects had regular menstrual cycle. Majority 286 (77.09%) of adolescent girls were using sanitary pads. Practice of washing genitalia by soap and water during menses was observed by only 43% in this study. High proportion of girls using sanitary pads, taking daily bath and washing genitalia with soap and water during menses in this study population might be attributed to many factors like high literacy rate among mothers and majority families were above poverty line. The current study revealed that though majority of adolescent school girls are using sanitary pads during menses, many of them are still considering menses as problem and impure state. They have many myths and misconceptions among them and follow social isolation and restrictions during menses.

Thus, study indicates urgent need of health educational activities among adolescent girls, their parents and teachers for improving menstrual hygiene and removing myths and misconception regarding menstruation. Though most of the girls agreed to usefulness of sanitary pads during menses but still concerned about its chemical smell, cost and non-availability at local shops and find difficulties to pay for transport. They also expect to get training which will make them understand the proper method of using sanitary pads.

■ (April 2016 _ Maya V Kshirsagar¹, Mayavati Mhaske, Madhura D
Ashturkar³, Kevin Fernandez)

2.16 This study show that Menstrual practices are clouded by taboos and cultural restrictions even today, resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, necessary for maintaining positive reproductive health. So the objective of the study was to analyze the status of hygiene and practices regarding menstruation among adolescent girls. The study was conducted in Kusgaon village. It was found that majority of girls got information about menstruation from their mothers followed by teacher which suggests still mother and the teacher are the main source of information for adolescents in rural area even in era of mass media. 28.42% of the girls were using cloth whereas 58.45% girls using sanitary napkins In this study girls who were using cloth were drying them inside the bathroom followed by inside the house, whereas similar cloth was used for 3 cycles by 72% of the girls Among the girls who were using sanitary napkins, 61% changed it twice a day and those who changed more than 3 times were 38.8%. It is noted non-availability of the bathroom and toilet facility which hinders the menstrual hygiene as well as personal hygiene

This study reveals that though use of sanitary napkins has increased, menstrual hygiene is not very satisfactory among a large proportion of non-user adolescent girls. The mothers of young girls should be educated with menstrual health hygiene, and be empowered with necessary skills to communicate with and transfer the information to their children. Health talks in schools can be helpful to improve menstrual hygiene practices. Sanitary napkins can be made available at cheap rate so that majority of them will use it during menstruation. Dustbins need to be provided at public places and schools to dispose off the sanitary napkins.

■ (2007,Dinesh Paul, Rita Patnaik and Shanta Gopalakrishnan)

2.17 A study was conducted on five hundred girls of Assam, Delhi, Karnataka, Madhya Pradesh and Uttar Pradesh using a pre-designed, pre-tested questionnaire who had attained menarche. It was conducted with an objective to find out the improvement of knowledge and practices of menstrual hygiene among adolescent girl, NIPCCD conducted a study in 2007 and a repeat study in 2012. In 2012, a significant increase was observed in literacy levels, awareness regarding onset of menstruation, use of sanitary napkins as compared to 2007. The sociocultural practices, myth and taboos performed in 2007 on attainment of menarche were more than in 2012. It was observed that there was lack of accurate information on Reproductive Tract Infection among adolescent girls both in 2007 and 2012 and there was low awareness regarding Government programmes pertaining to improving reproductive health. Early marriage during adolescence have deterrent impact on health of adolescent girls and it was seen that there was a significant decrease in the number of married adolescent girls during 2012 as compared to 2007

Information about menarche and reproductive health should be introduced and strongly reinforced in the school curriculum so that girls are well aware of menses and Reproductive Tract Infection.

■ (July- September 2013 _ Sapkota D, Sharma D, Budhathoki S.S,
Khanal V.K, Pokharel H.P

2.18 Menstrual hygiene and management is an issue that is insufficiently acknowledged and has not received adequate attention. The study was planned to evaluate adolescent secondary school girl's knowledge of menstruation and menstrual hygiene, as well as their practices of menstrual hygiene. The study was conducted in one school of Panchkanya VDC which was selected randomly A predesigned, pre-tested structured self- administered questionnaire was used for data collection.

It was seen that many young girls lack appropriate and sufficient information regarding menstrual hygiene. That resulted in incorrect and unhealthy behavior during their menstrual period. Dysmenorrhea was the most common problem faced during menstruation. In accordance to the findings from our study majority of the respondents were not allowed to cook and visit religious places. Some also reported that there were traditional practices of posing restrictions on going to other's home, taking bath; which is consistent with the findings from Gujjar (tribal) community. One student reported of food taboos, while a study showed that nearly forty three percent avoid certain food items⁷. Still practices like keeping menstruating lady in the corner or in separate places and using old cloths as absorbents are persisting in our society. This highlights that our society is still bounded by social, cultural taboos which lead to the negative attitude of adolescents towards menstruation. This demonstrates the urgency of the situation and needs effective interventions to address the restrictions which are imposed or practiced by adolescent girls.

This study reveals that menstrual hygiene is not satisfactory among large proportion of the adolescents while ignorance, false perceptions, unsafe practices regarding menstruation continue to exist.

The hygiene related practices of women during menstruation are of considerable importance, as they affect their health by increasing their vulnerability to infections, especially infections of the urinary tract and the perineum. Thus measures should be taken to provide information about menstruation so that a hygienic standard of living is adopted.

■ (April 2016_ P. Seenivasan, K.Caroline Priya, C. Rajeswari, C.C. Akshaya, G. Sabharitha, K.R. Sowmya, Shaheena Banu)

2.19 This study was conducted with an objective to assess the knowledge, practices and attitude related to menstruation. This cross-sectional study was carried out among 500 school going adolescent girls of Chennai. A pre-tested questionnaire was administered to the study population after obtaining written consent.

Only 40 % of the girls knew about menstruation before menarche with mother being the informant in 47.7 % of the subjects. Hygienic practices during menstruation were quite satisfactory. Sanitary pads as absorbents during menstruation were used by 92.6%. Methods of disposal of absorbents included dustbins, flushing in toilets, burning and washing and reusing, with majority using dustbin. In this study, 47.6% used only water and 37.4% girls used soap and water. This study highlights the need of adolescent girls to have accurate and adequate information about menstruation and its appropriate management.

Reproductive tract biology should be included in the curriculum from Class VI onwards so that the girls are able to recognize the changes in their body and prepare themselves for the next phase of life, i.e., puberty without fear and disgust.

■ (November 19, 2015_ Evans Paul Kwame Ameade* and Saeed Folorunsho

Majeed)

2.20 The legislature of Ghana is proposing arrangement of free sanitary napkin to help splendid yet poor school young girls stay in school. This study surveyed female college students in northern Ghana's opinion on this strategy that would impact their assessments. Data was collected in a cross-sectional study after administering a questionnaire to 293 randomly selected students.

The investigation demonstrated that 78.2% of respondents sanitary napkins in their first year of menstruation with the rest utilizing can tissue and re-useable fabric. Majority, 53.2% of respondents concurred with the free sanitary pad policy with their primary purpose for the support being the high cost of disposable sanitary pads. Adherents of Islam were altogether steadier of the free sanitary pad policy than

Christians. There is certainty that a young girl who stayed in school would be more learned about menstrual cleanliness which would likewise shield her wellbeing. It was observed that majority of respondent's age at menarche was between 13 and 15 years. About a third, said menstruation negatively affected their schooling when it started. At the time of menarche, majority used sanitary pad, but some others used toilet tissue and re-useable cloth. This low school truancy at menarche found in this investigation could in light of the fact that larger part of respondents originate from the urban regions of Ghana where sanitary pads are assessable. Again, more than two-thirds of respondents come from middle-income earning families who can bear the cost sanitary pads and adequate health care for their menstruating wards. Some girls are unable to acquire the commercially available sanitary pads at menarche which may increase their chance of contracting reproductive tracts infections associated with poor menstrual hygiene.

Administrations of India and Kenya and additionally a few non-legislative associations in Africa providing free or subsidized sanitary towel to primary school girls as a way of promoting girl child education. This will not only reduce the dropout rate but also help girls in leading a healthy and hygienic life style

FINDINGS AND SUGGESTION

3.1 INTRODUCTION

A cross-sectional, questionnaire-based study among adolescent school students was conducted on the students of two government schools (Sodawala Lane School and Bhimanagar School) and one private school (Rustomjee International School) in Mumbai on 24th February 2018. Adolescent girls between 10-19 yrs. of age and who has attended menarche were included in the study i.e. 50 adolescent girls were interviewed. A pre-designed was prepared and used for data collection.

The girls were explained about the rationale of the study and privacy was maintained while interviewing the participants Consent was obtained verbally from the girls before administering the questionnaire which included questions regarding the knowledge and awareness regarding menstruation, the source of information and practices followed to maintain menstrual hygiene The demographic data including family details, parent's education, occupation, housing conditions, house type, toilet facility, and water supply in the toilet were enquired and documented. The menstrual hygiene questionnaire included questions about the type of absorbent used, the use of clean or unclean napkins and the frequencies of changing and cleaning them.

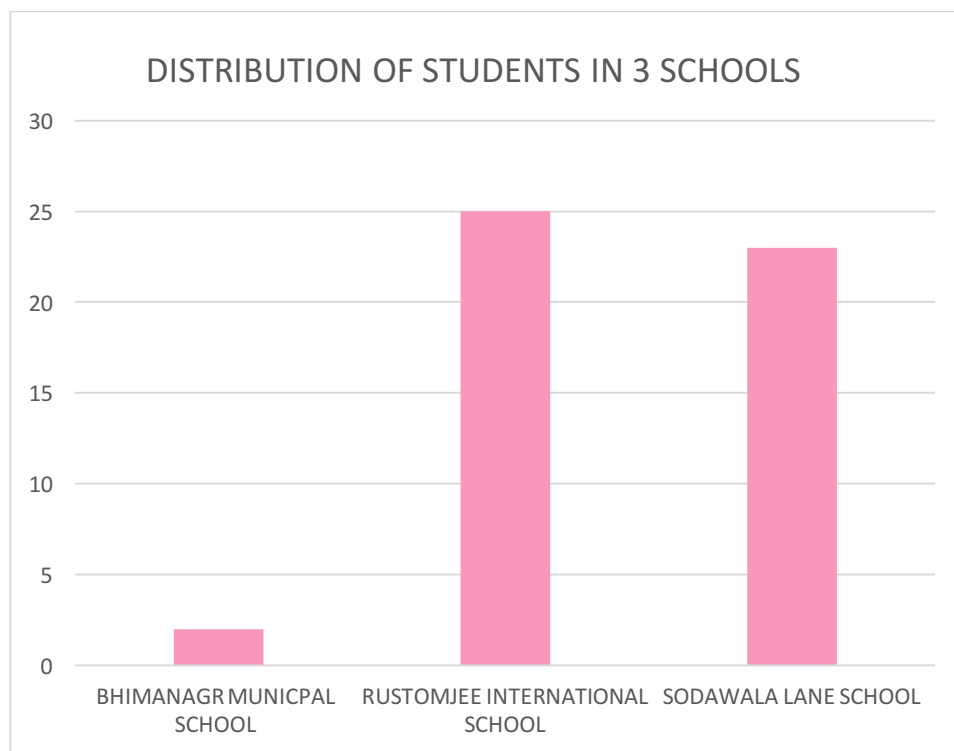
Before filling the questionnaire, they were instructed on how to fill. Adequate time was given to read and fill up the questionnaire. Data were then compiled in an Excel sheet and were analyzed by using Statistical Package for Social Sciences (SPSS) 13.0 version. Appropriate statistical tests were applied to study the test of significance.

3.2 ANALYSIS

After getting approval from the S.N.D.T University, Economics Department this cross-sectional study was conducted on school going adolescent girls studying government and private schools in Mumbai who have attained menarche, during the period February to April 2018.

3.2.1 NUMBER OF SCHOOLS

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	BHIMANAGR MUNICIPAL SCHOOL (GOVERNMENT)	2	4.0	4.0	4.0
	RUSTOMJEE INTERNATIONAL SCHOOL (PRIVATE)	25	50.0	50.0	54.0
	SODAWALA LANE SCHOOL (GOVERNMENT)	23	46.0	46.0	100.0
	Total	50	100.0	100.0	



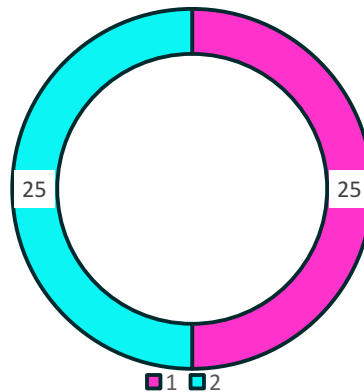
3.2.2 NUMBER OF STUDENTS GOING TO PRIVATE OR GOVERNMENT SCHOOL

1= PRIVATE 2= GOVERNMENT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	25	50.0	50.0	50.0
	2	25	50.0	50.0	100.0
	Total	50	100.0	100.0	

NUMBER OF STUDENTS GOING TO PRIVATE OR GOVERNMENT SCHOOL

1=PRIVATE 2=GOVERNMENT



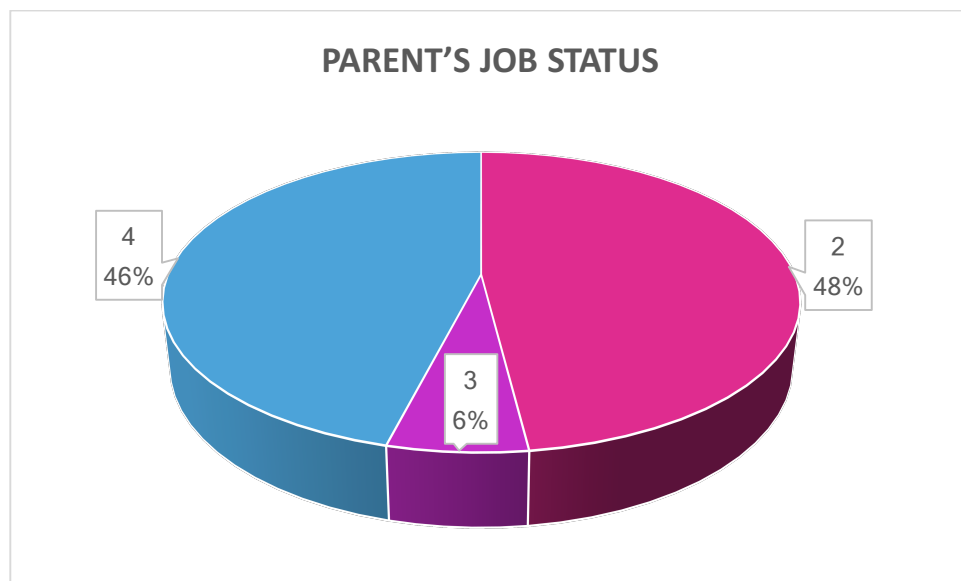
In present study 50 girls from grade 6th to 10th of two government and one private school were selected randomly. Data were collected from students who were available at the time of data collection.

3.2.3 PARENT'S JOB STATUS:

From the data gathered it was observed that in 48% of family father was the only source of income which was higher in girls who go to private schools (42%). 46% of family had both parents working which was higher in girls who went to government school. Whereas, 3% of families had mother who was the only source of income which was higher in girls who go government school (4%) as compared to girls going to private school (2%).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	24	48.0	48.0	48.0
	3	3	6.0	6.0	54.0
	4	23	46.0	46.0	100.0
	Total	50	100.0	100.0	

1=BOTH DO NOT WORK 2=ONLY FATHER WORKS 3=ONLY MOTHER WORKS 4=BOTH PARENTS WORK 5=OTHERS(PENSION)



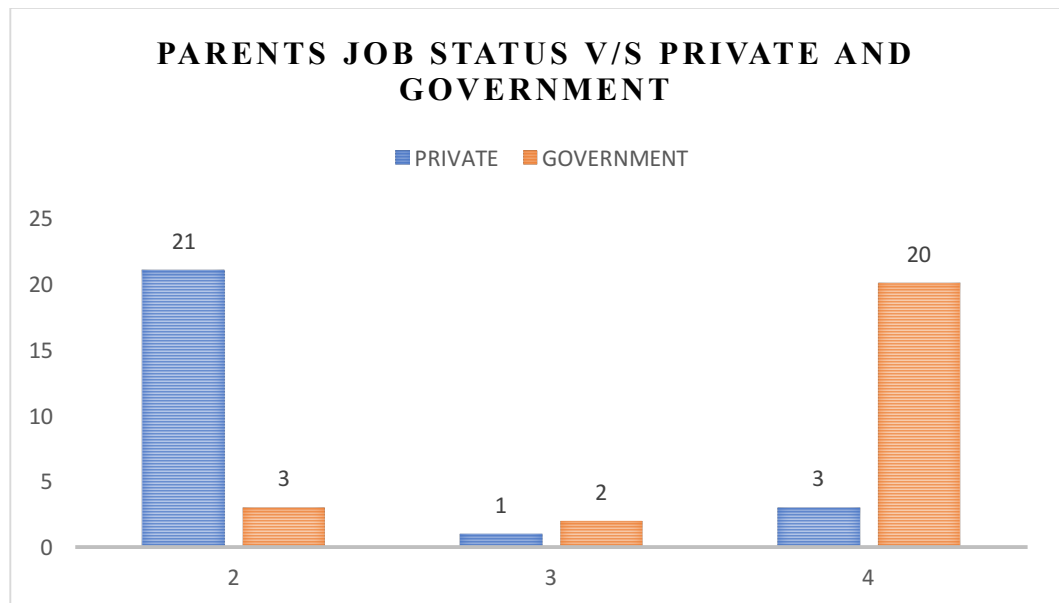
1=BOTH DO NOT WORK 2=ONLY FATHER WORKS 3=ONLY MOTHER WORKS 4=BOTH PARENTS WORK 5=OTHERS(PENSION)

CROSSTABULATION

PARENTS JOB STATUS V/S PRIVATE AND GOVERNMENT STUDENTS

2= ONLY FATHER EARNS, 3= ONLY MOTHER EARNS, 4= BOTH EARN

	ONLY FATHER EARNS (2)	ONLY MOTHER EARNS (3)	BOTH EARN (4)	TOTAL
PRIVATE	21 (42%)	1 (2%)	3 (6%)	25 (50%)
GOVERNMENT	3 (6%)	2 (4%)	20 (40%)	25 (50%)
TOTAL	24	3	23	50 (100%)

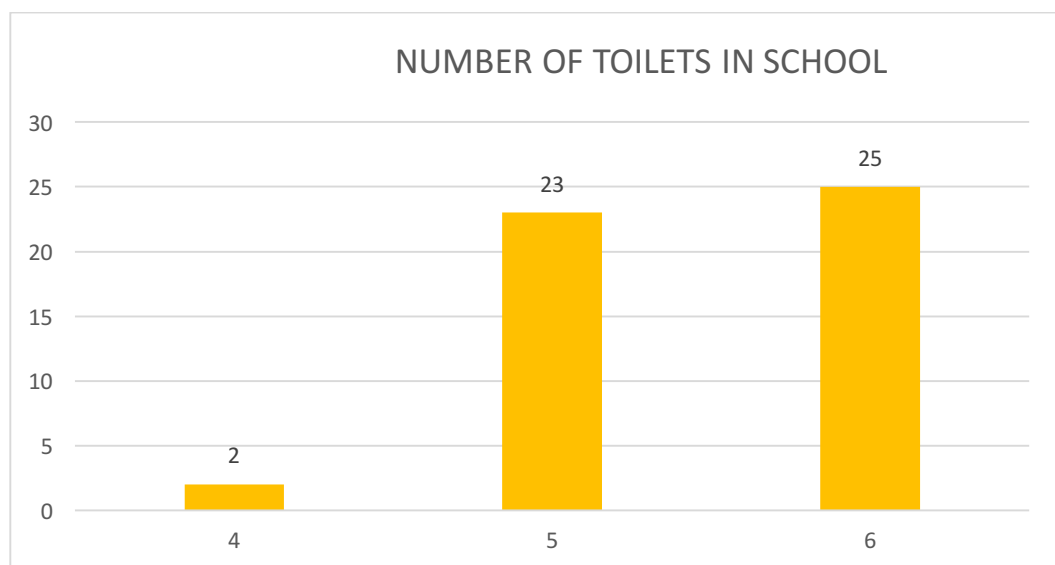


3.2.4 NUMBER OF TOILETS IN SCHOOL

The first objective was to study the sanitation infrastructure available for girls in government and private schools, it was seen that two government schools had 4 toilets, twenty-three government schools had 5 toilets in total and twenty-five private schools on the other hand had 6 toilets on a floor.

4 = 4 TOILETS, 5 = 5 TOILETS, 6 = 6 TOILET

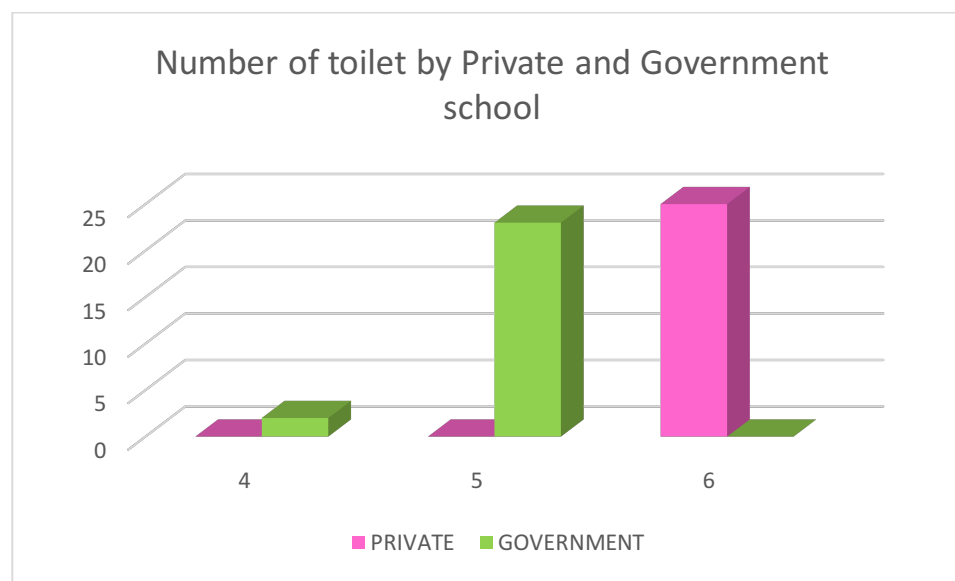
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4	2	4.0	4.0	4.0
	5	23	46.0	46.0	50.0
	6	25	50.0	50.0	100.0
	Total	50	100.0	100.0	



CROSSTABULATION

Number of toilet by Private and Government school

	4	5	6	Total
Private	0	0	25 (50%)	25 (50%)
Government	2 (4%)	23 (46%)	0	25 (50%)
Total	2	23	25	50

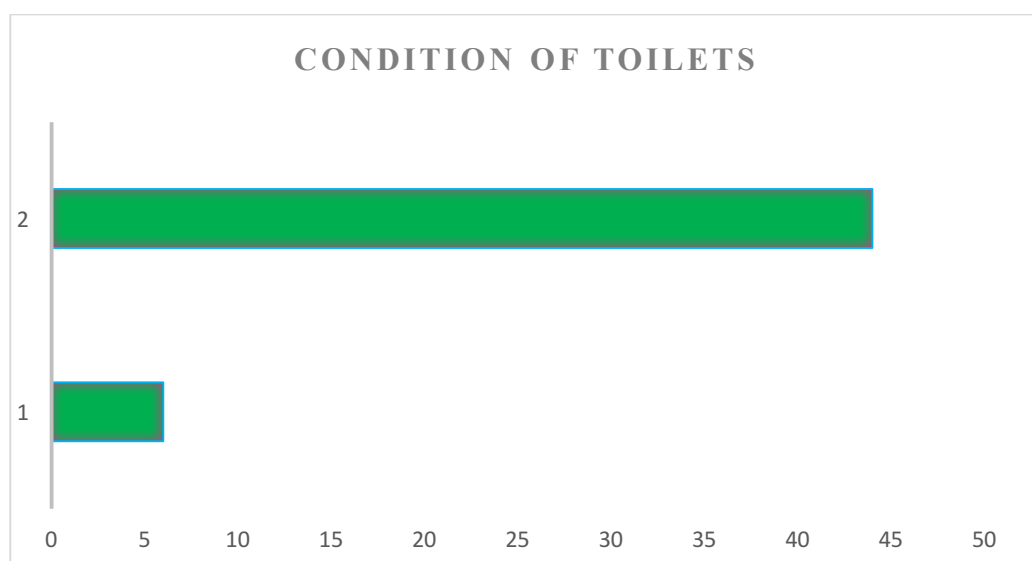


3.2.5 CONDITION OF TOILETS

It was also observed that all schools had separate toilets for girls 6 (12%) girls said that the toilets were in good condition 44 (88%) said that the toilets were in fair condition. Out of which 3 private and 3 government students said they were in good condition.

**1=ALL IN GOOD CONDITION 2=FAIR CONDITION 3=POOR
CONDITION 4=BAD CONDITION**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	6	12.0	12.0	12.0
	2	44	88.0	88.0	100.0
	Total	50	100.0	100.0	



CROSSTABULATION

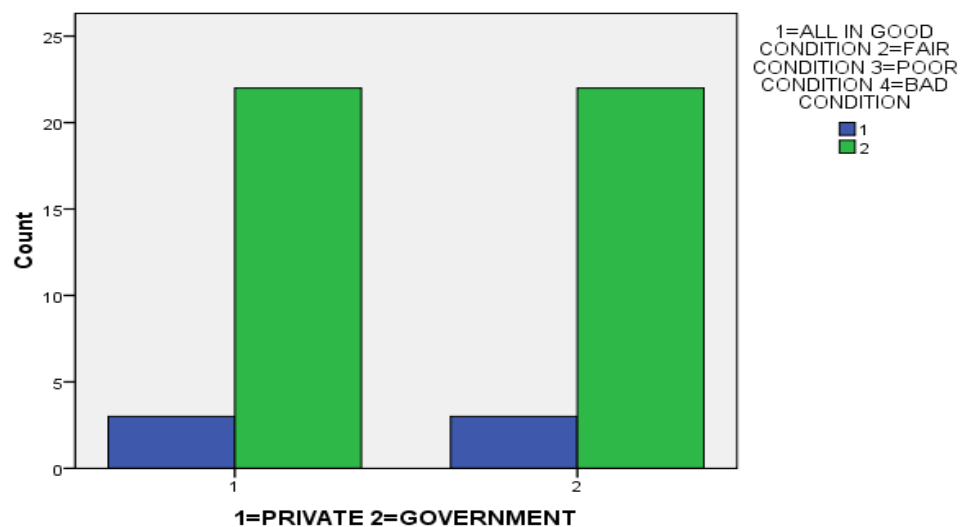
1=PRIVATE 2=GOVERNMENT * 1=ALL IN GOOD CONDITION
2=FAIR CONDITION 3=POOR CONDITION 4=BAD CONDITION

Crosstabulation

Count

		1=ALL IN GOOD CONDITION 2=FAIR CONDITION 3=POOR CONDITION 4=BAD CONDITION		Total
		1	2	
1=PRIVATE	1	3	22	25
2=GOVERNMENT	2	3	22	25
Total		6	44	50

Bar Chart



All schools had toilets inside the buildings instead of having it outside the building.
Each school had proper water facility with wash basin with running water but many

girls from government school said that the basin water where they washed their hands was the only source of drinking water

3.2.5 AVAILABILITY OF SANITARY NAPKINS IN SCHOOL

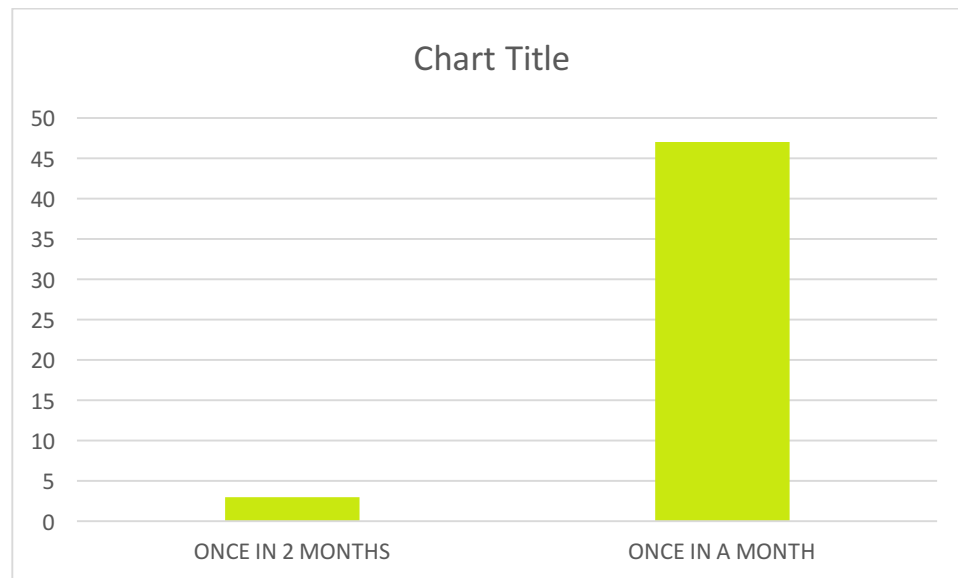
The second objective was to study the availability of sanitary napkins in school. All respondents said that sanitary napkin was available in the staff room but many respondents in the private school said that there was a separate box for sanitary napkin and in time of emergency they could access it without the permission of the professors while the girls from government school had to ask the teacher for sanitary napkin which they weren't comfortable with and felt hesitant. No school had a sanitary napkin incinerator but all schools had dustbins for disposal of sanitary napkins.

3.2.6 THE RATE OF ABSENTEEISM DURING THE MENSTRUAL DAYS DUE TO LACK OF SANITATION FACILITY

Third objective was to study the rate of absenteeism during the menstrual days due to lack of sanitation facility. It was observed that 6% (3) of girls got their periods twice a month whereas 94% (47) had a regular cycle of 28 days. It was further seen that girls with irregular cycles were from government school.

ONCE IN A MONTH=1 ONCE IN TWO MONTHS=2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	ONCE IN 2 MONTHS	3	6.0	6.0	6.0
	ONCE IN A MONTH	47	94.0	94.0	100.0
	Total	50	100.0	100.0	



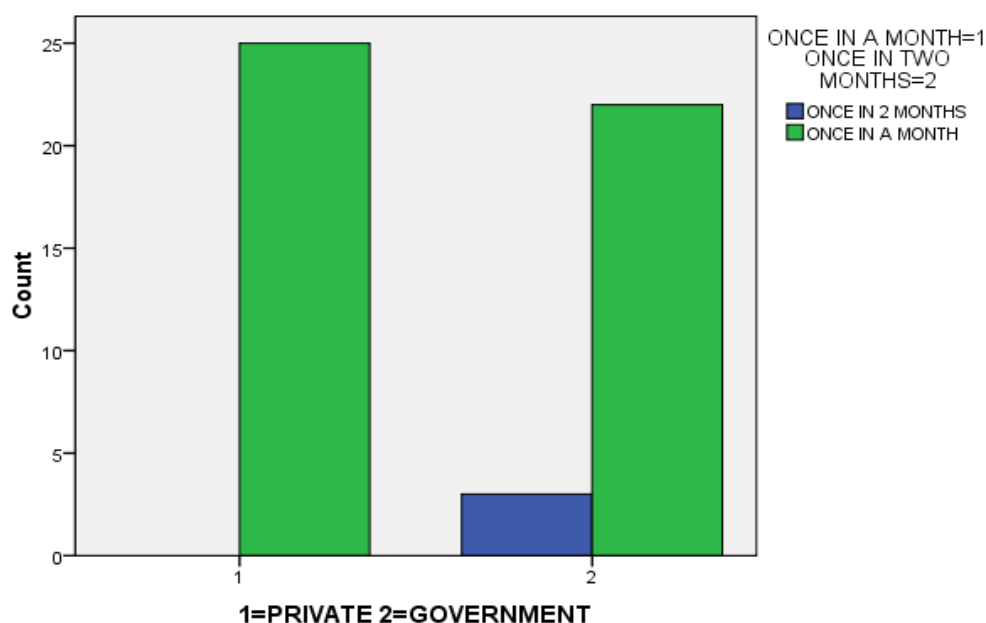
1=PRIVATE 2=GOVERNMENT * ONCE IN A MONTH=1 ONCE IN TWO MONTHS=2

Crosstabulation

Count

		ONCE IN A MONTH=1 ONCE IN TWO MONTHS=2		Total
		ONCE IN 2 MONTHS	ONCE IN A MONTH	
1=PRIVATE	1	0	25	25
2=GOVERNMENT	2	3	22	25
Total		3	47	50

Bar Chart

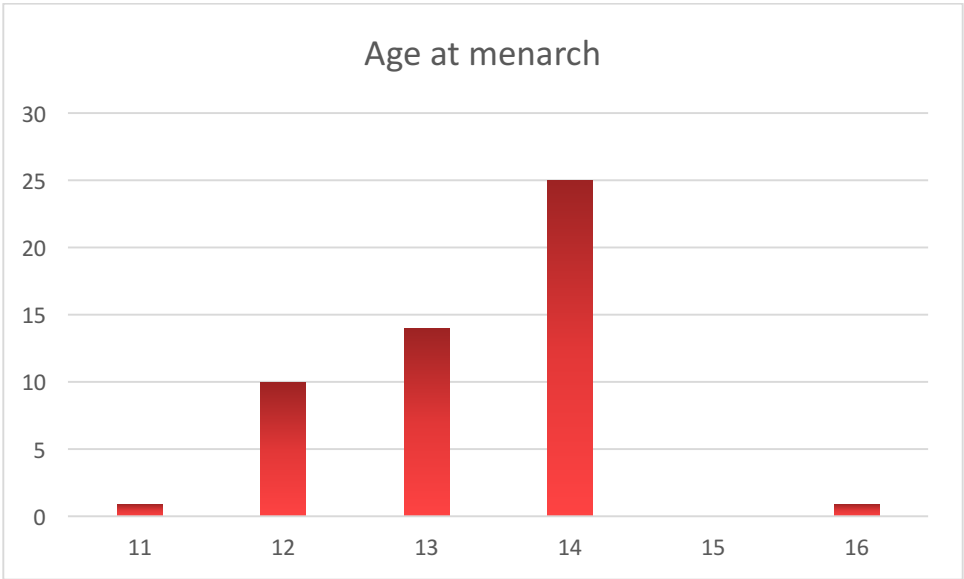


3.2.7 AGE AT MENARCH

Age at menarch for many girls (50%) was 14 years i.e 25 girls got their periods at the age of 14 followed by 14 girls getting it at the age of 13, 10 girls got it at the age of 12. The data showed that majority of girls got their menses at the age of 14 which represents a healthy age to grow.

AGE AT MENARCH

		Frequency	Percent	Valid Percent
Valid	11	1	2.0	2.0
	12	10	20.0	20.0
	13	14	28.0	28.0
	14	25	50.0	50.0
	15	0	0	0.0
	16	1	2.0	2.0
Total		50	100.0	100.0

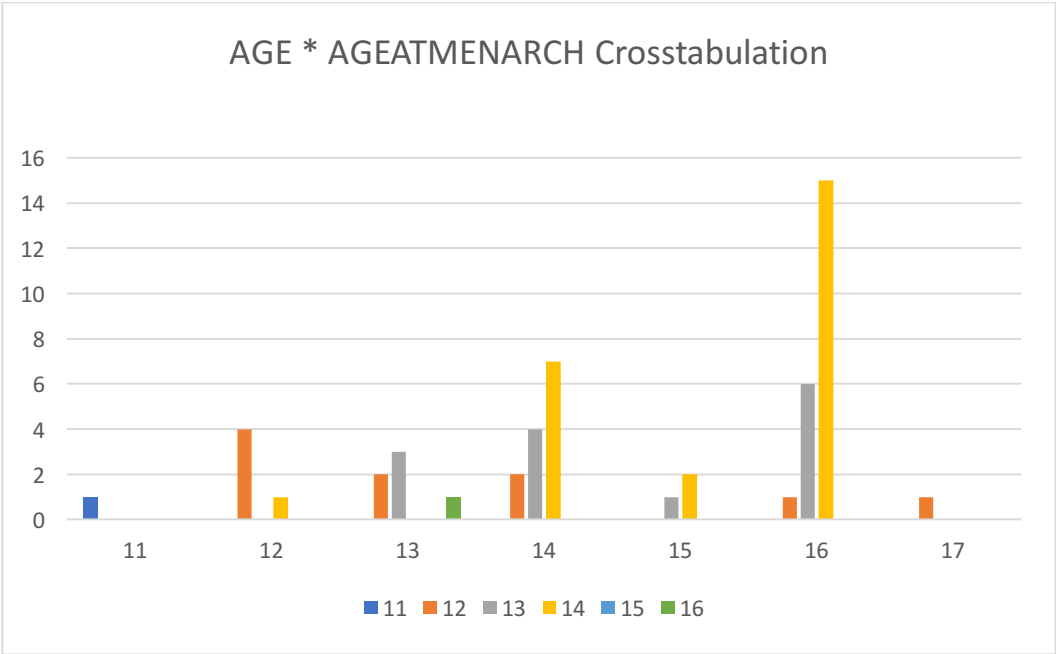


CROSSTABULATON

AGE * AGEATMENARCH Crosstabulation

Count

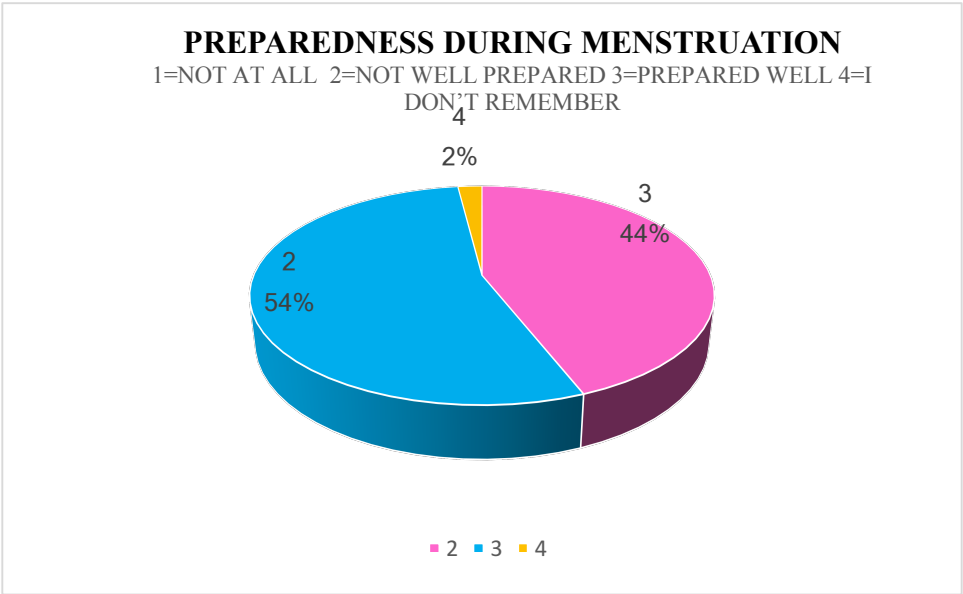
		AGEATMENARCH						Total
		11	12	13	14	15	16	
AGE	11	1	0	0	0	0	0	1
	12	0	4	0	1	0	0	5
	13	0	2	3	0	0	1	5
	14	0	2	4	7	0	0	13
	15	0	0	1	2	0	0	3
	16	0	1	6	15	0	0	22
	17	0	1	0	0	0	0	1
Total		1	10	14	25	0	1	50



3.2.8 PREPAREDNESS DURING MENSTRUATION

1=NOT AT ALL 2=NOT WELL PREPARED 3=PREPARED WELL 4=I DON'T REMEMBER

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	27	54.0	54.0	54.0
	3	22	44.0	44.0	98.0
	4	1	2.0	2.0	100.0
	Total	50	100.0	100.0	

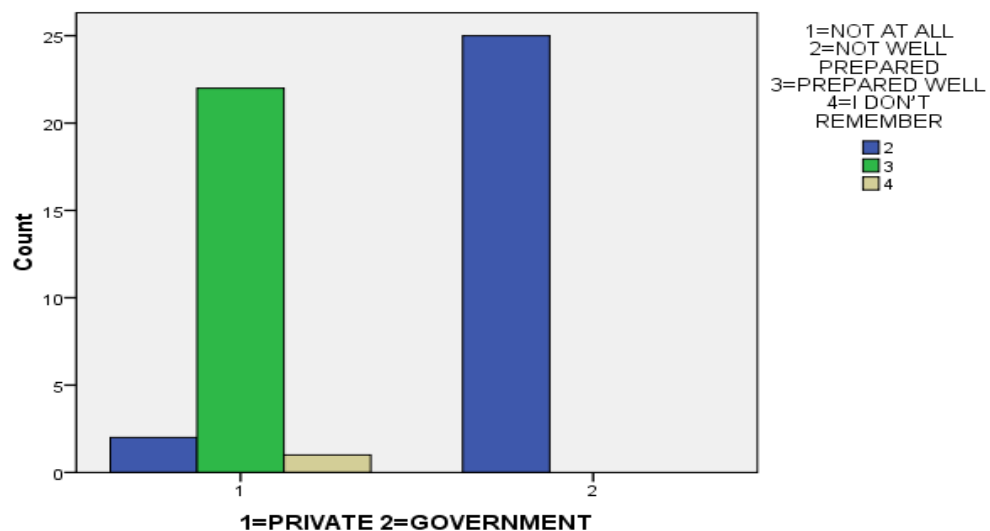


CROSSTABULATION

Count

		1=NOT AT ALL 2=NOT WELL PREPARED 3=PREPARED WELL 4=I DON'T REMEMBER			Total
		2	3	4	
1=PRIVATE	1	2	22	1	25
2=GOVERNMENT	2	25	0	0	25
Total		27	22	1	50

Bar Chart



It was found that many girls were not prepared for their menstruation before getting it. Twenty-seven girls (54%) were not prepared out of which all 25 girls from government school were not prepared. Many did not know how to react. Majority of the girls felt scared on first menstruation while few were disgusted, felt indifferent and reported discomfort. Majority, i.e. 22 (44%), of the girls who used to go to private school were well prepared about menstruation beforehand. They said that they were well prepared because they got information regarding menstruation from school. Teacher played an important role in providing

information i.e. 22 girls out of 50 said that they acquired knowledge regarding menstruation from teachers and they all were from private school. Second source of information for the girls was their mother and mother was the major source of information to girls going to government school. Twenty girls said they acquired information from mother and three from sister. School and teacher played a minimal role in imparting knowledge to girls who went to government school.

3.2.9 INFORMATION ON MENSES WAS ACQUIRED FROM

1= SCHOOL TEACHERS 2= MOTHER 3= FATHER 4=FRIENDS 5= SISTER
6= DOCTORS/ MEDICAL PERSONNEL 7= BOOKS AND MAGAZINE
8= FILMS AND VIDEO TWO OR MORE OF THE ABOVE

	FREQUENCY	PERCENTAGE
1	22	44.0
TOTAL	50	100.0

	FREQUENCY	PERCENTAGE
2	41	82.00
TOTAL	50	100.0

	FREQUENCY	PERCENTAGE
4	1	2.0
TOTAL	50	100.0

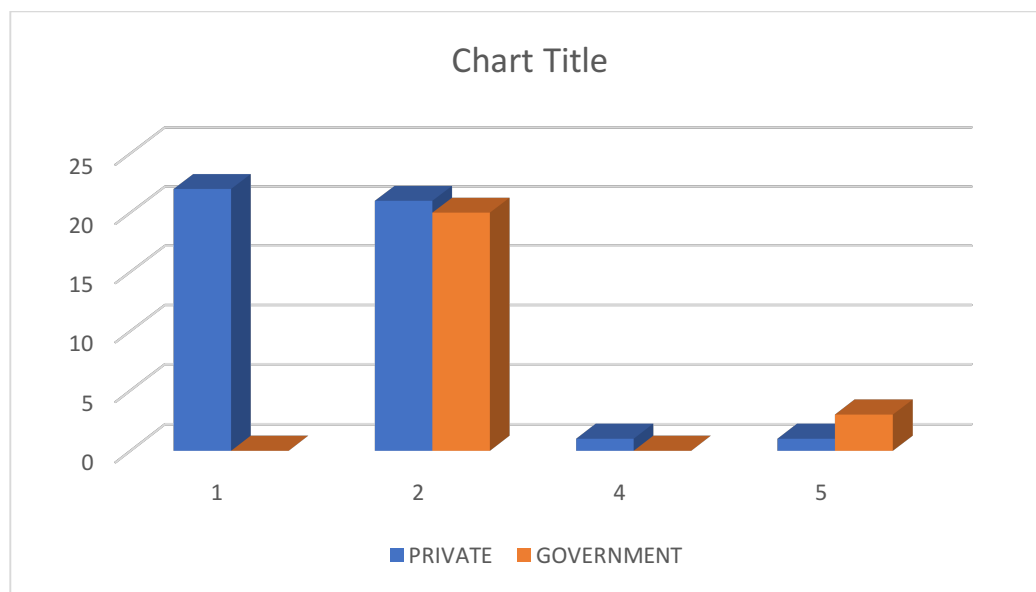
	FREQUENCY	PERCENTAGE
5	4	8.0
TOTAL	50	100.0

CROSSTABULATION

INFORMATION REGARDING MENSES BY PRIVATE AND GOVERNMENT

1=SCHOOL TEACHERS, 2=MOTHER, 3=FATHER, 4=FRIENDS, 5= SISTER,
6= DOCTORS/ MEDICAL PERSONNEL, 7= BOOKS AND MAGAZINE,
8= FILMS AND VIDEO TWO OR MORE OF THE ABOVE.

	1	2	4	5
PRIVATE (1)	22	21	1	1
GOVERNMENT (2)	0	20	0	3
TOTAL	22	41	1	4



Other researchers, in their studies, also reported that more than three fourth of the girls used cotton clothes and reused them after washing. It was seen in present study that all respondents used sanitary napkin. The use of pads was higher which was probably since availability was high in these areas and due to influence of television which has increased awareness regarding availability and use of sanitary napkins.

3.2.10 INFORMATION REGARDING HOW TO USE PROTECTIVE MATERIAL

Information regarding how to use protective material was provided majorly by mother and also was the only source of information to girls going to government schools (23 girls from government school said mother was the only source of information) there were few (2%) who said sisters also helped them with how to use sanitary napkin. The girls going to private schools said mother and teachers

both provided them with information regarding how to use sanitary napkins and also school used to organize campaign regarding the awareness about menstruation.

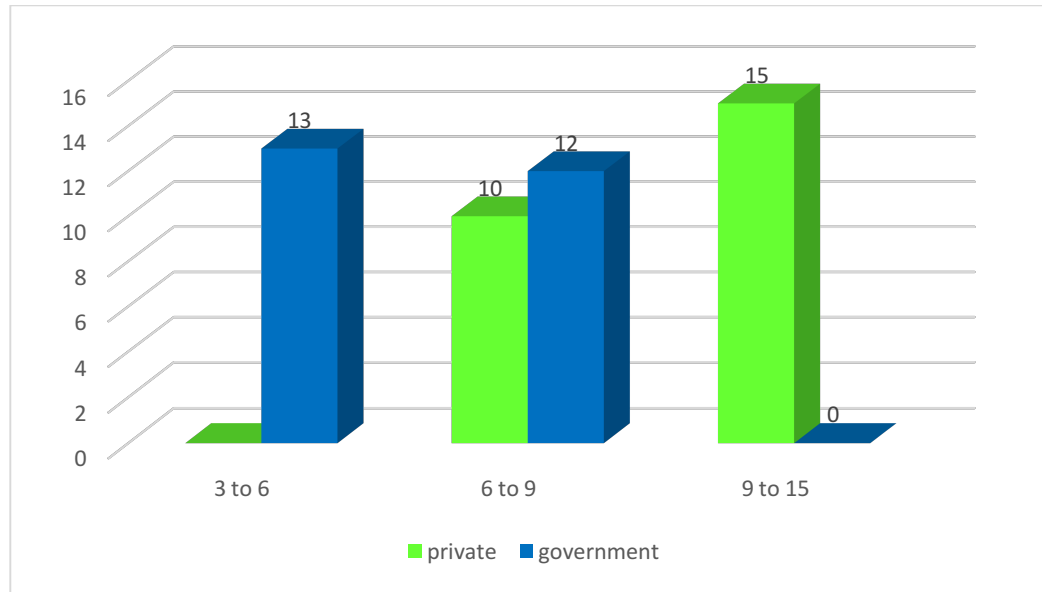
3.2.11 HOW MANY NAPKINS ARE USED IN A MONTH

Hygienic practices during menstruation were quite satisfactory among girls going to private school. Sanitary pads as absorbents during menstruation were used. Ten girls used 6 to 9 sanitary napkins in a month while fifteen girls used 9 to 15 sanitary napkins.

With girls going to government school 13 girls used 3 to 6 napkins per month and 12 used 6 to 9 napkins thus the hygiene practice during menstruation was not satisfactory here. Few also said that they used cloth when they were at home or on the fourth and fifth day.

CROSSTABULATION

	Private	Government	Total
3 to 6	0	13	13
6 to 9	10	12	22
9 to 15	15	0	15
Total	25	25	50

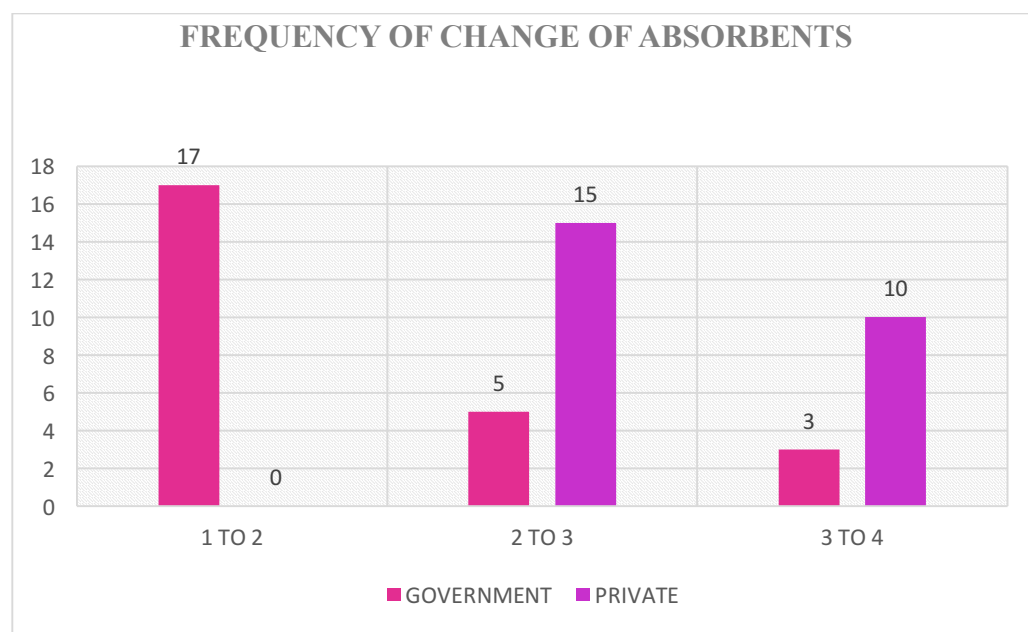


3.2.12 FREQUENCY OF CHANGE OF ABSORBENTS

1 TO 2 TIMES	3
2 TO 3 TIMES	32
3 TO 4 TIMES	15

CROSSTABULATION

	1 TO 2 TIMES	2 TO 3 TIMES	3 TO 4 TIMES	TOTAL
PRIVATE	0	15	10	25
GOVERNMENT	17	5	3	25
TOTAL	17	20	13	50

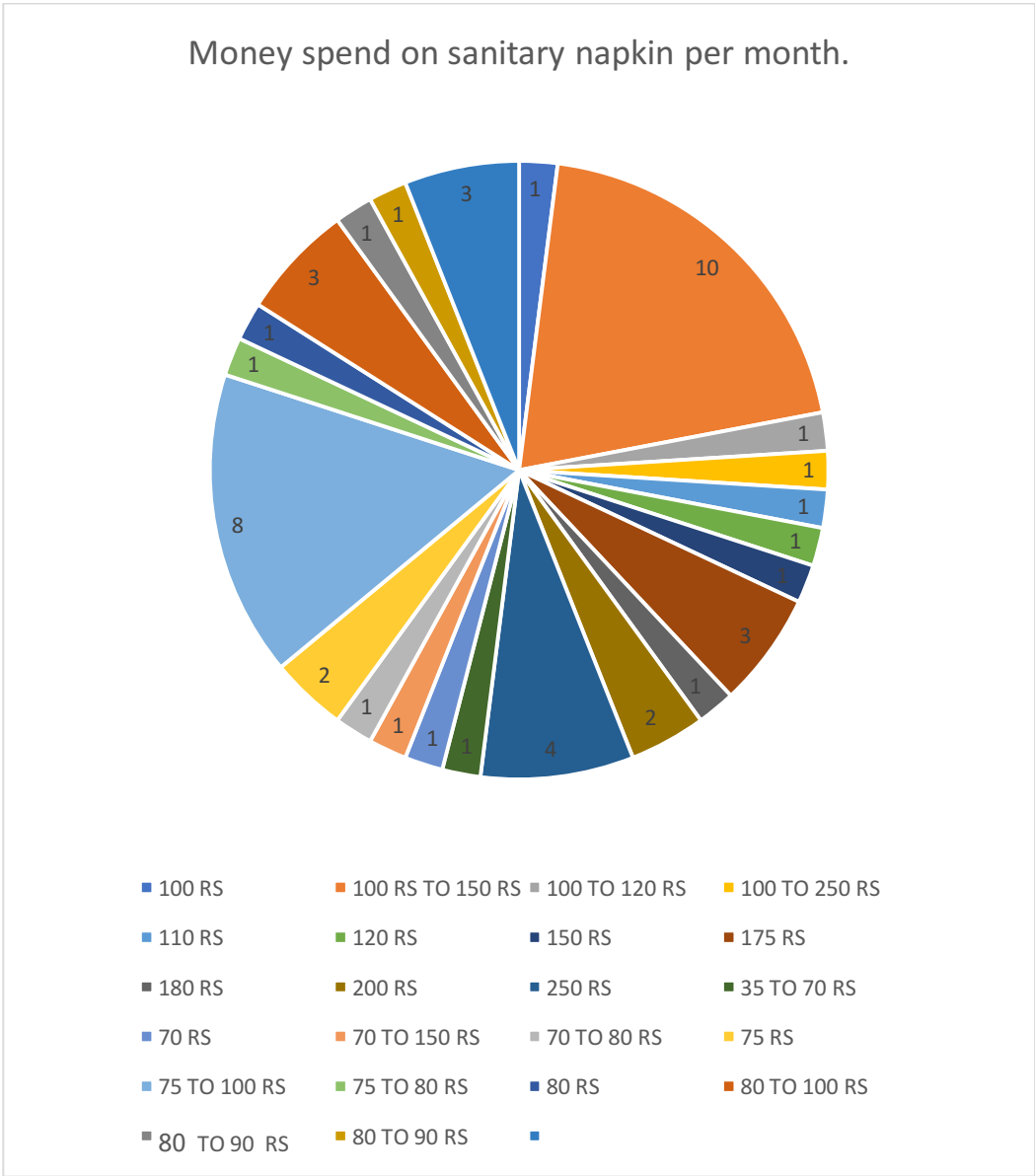


More than half of the girls changed sanitary napkin 2 to 3 times a day which is a good practice and it may be because of more awareness but changing sanitary napkins 2 to 3 times was more prevalent in girls going to private schools. Majority of girls going to government school changed sanitary napkins 1 to 2 times (17 girls) whereas 15 and 10 girls going to private school changed sanitary napkin frequently i.e. 2 to 3 and 3 to 4 times. Incorrect and unhealthy behavior during their menstrual period. Poor personal hygiene and unsafe sanitary conditions result in the girls facing Reproductive Tract Infection (RTI).

3.2.13 MONEY SPEND ON SANITARY NAPKIN

Money spend on sanitary napkin varied from one individual to another and thus by grouping them into similar clusters, it was seen that majority (10 girls) spend 100 rupees per month on sanitary napkins followed by 8 girls spending 75 rupees per month. Majority of girls spend below 200 rupees on sanitary napkins very few i.e. 5 girls used to spend from 200 to 250 rupees on sanitary napkin. Girls going to

private schools spend more money on sanitary napkin as compared to girls going to government school.

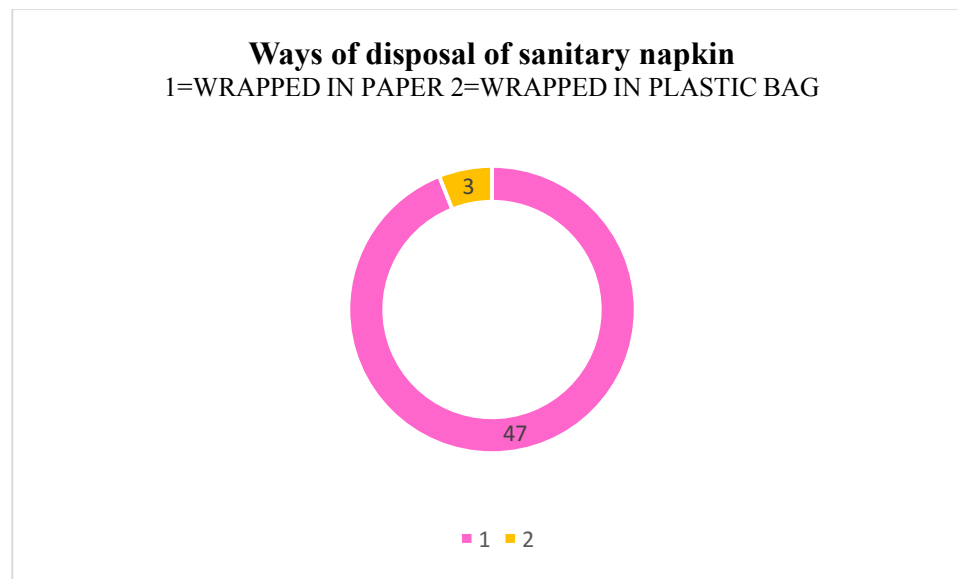


BETWEEN 50RS TO 100RS=1, BETWEEN RS101 TO RS151=2, BETWEEN RS152 TO RS202=3, BETWEEN RS203 TO 253=4, BETWEEN RS254 TO RS304=5

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	2.0	2.0	2.0
100 RS	10	20.0	20.0	22.0
100 RS TO 150 RS	1	2.0	2.0	24.0
100 TO 120 RS	1	2.0	2.0	26.0
100 TO 250 RS	1	2.0	2.0	28.0
110 RS	1	2.0	2.0	30.0
120 RS	1	2.0	2.0	32.0
150 RS	3	6.0	6.0	38.0
175 RS	1	2.0	2.0	40.0
180 RS	2	4.0	4.0	44.0
200 RS	4	8.0	8.0	52.0
250 RS	1	2.0	2.0	54.0
35 TO 70 RS	1	2.0	2.0	56.0
70 RS	1	2.0	2.0	58.0
70 TO 150 RS	1	2.0	2.0	60.0
70 TO 80 RS	2	4.0	4.0	64.0
75 RS	8	16.0	16.0	80.0
75 TO 100 RS	1	2.0	2.0	82.0
75 TO 80 RS	1	2.0	2.0	84.0
80 RS	3	6.0	6.0	90.0
80 TO 100 RS	1	2.0	2.0	92.0
80 TO 90 RS	1	2.0	2.0	94.0
80 TO 90 RS	3	6.0	6.0	100.0
Total	50	100.0	100.0	

3.2.14 WAYS OF DISPOSAL OF SANITARY NAPKIN

All girls threw their napkins in the dustbin and were well aware of the proper way of disposal of sanitary napkin as compared to other studies which showed a substantial number of napkins being flushed in the toilet. 94% of girls wrapped their napkin in paper while 6% wrapped in plastic



1=WRAPPED IN PAPER 2=WRAPPED IN PLASTIC BAG 3=NOT WRAPPED

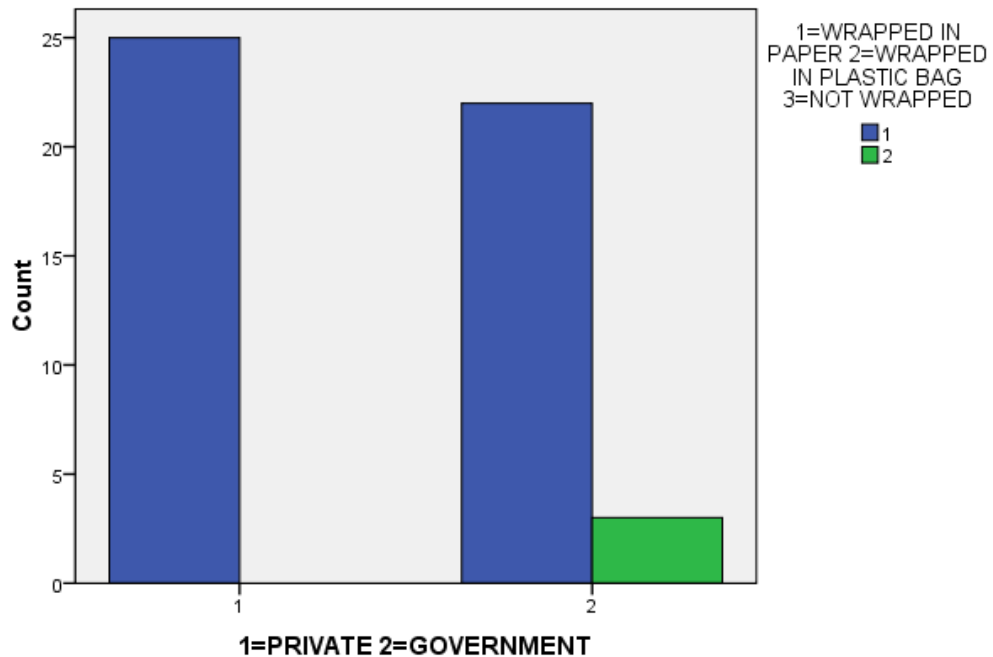
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	47	94.0	94.0	94.0
	2	3	6.0	6.0	100.0
	Total	50	100.0	100.0	

1=PRIVATE 2=GOVERNMENT * 1=WRAPPED IN PAPER 2=WRAPPED IN PLASTIC BAG
3=NOT WRAPPED Crosstabulation

Count

		1=WRAPPED IN PAPER 2=WRAPPED IN PLASTIC BAG 3=NOT WRAPPED		Total
		1	2	
1=PRIVATE	1	25	0	25
2=GOVERNMENT	2	22	3	25
Total		47	3	50

Bar Chart



3.2.15 PRACTICES RESTRICTED DURING MENSTRUATION AMONG ADOLESCENT GIRLS

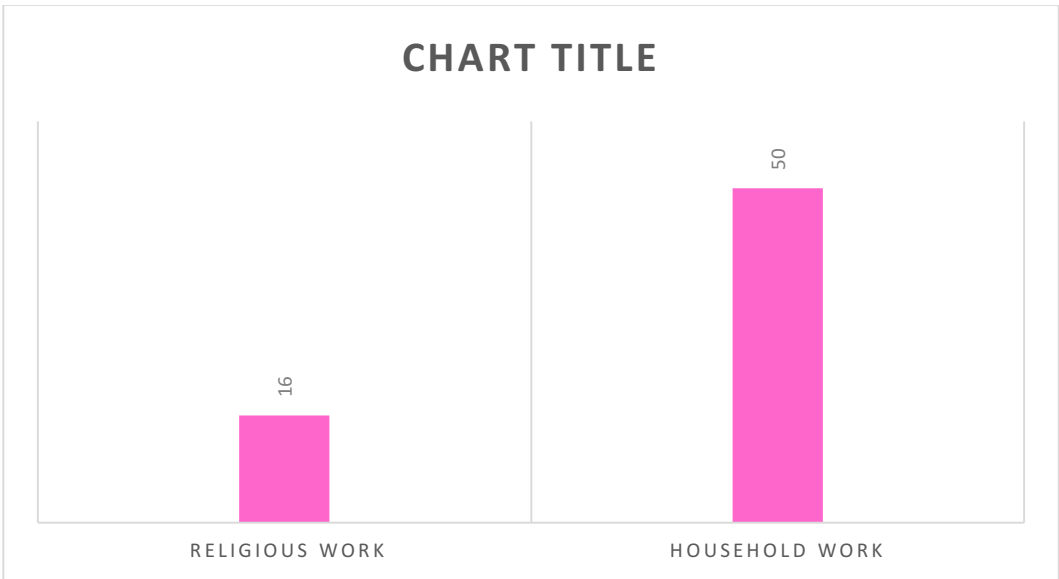
Menstruation and its practices are still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result into adverse health outcomes. Several traditional practices are still prevailing in the society. All girls

reported that menstruating girls are not allowed to do household chores, followed by 32% who said that menstruating girls are not allowed to attend religious functions and go to temples.

1= RELIGIOUS WORK 2= HOUSEHOLD WORK 3= GOING TO SCHOOL 4= PLAYING 5= EATING CERTAIN FOOD

	FREQUENCY	PERCENTAGE
2 (HOUSEHOLD WORK)	50	100.0
TOTAL	50	100.0

	FREQUENCY	PERCENTAGE
1 (RELIGIOUS WORK)	16	32.0
TOTAL	50	100.0



3.2.16 MENSTRUAL PROBLEM

Dysmenorrhea was the most common problem faced during menstruation, which is consistent to the findings from other studies. 72% of girls suffered from dysmenorrhea. 36% girls complained about loss of appetite and 48% felt tired and suffered from backpain. 8% complained excessive blood loss. Many said loss of appetite was due to stomach pain.

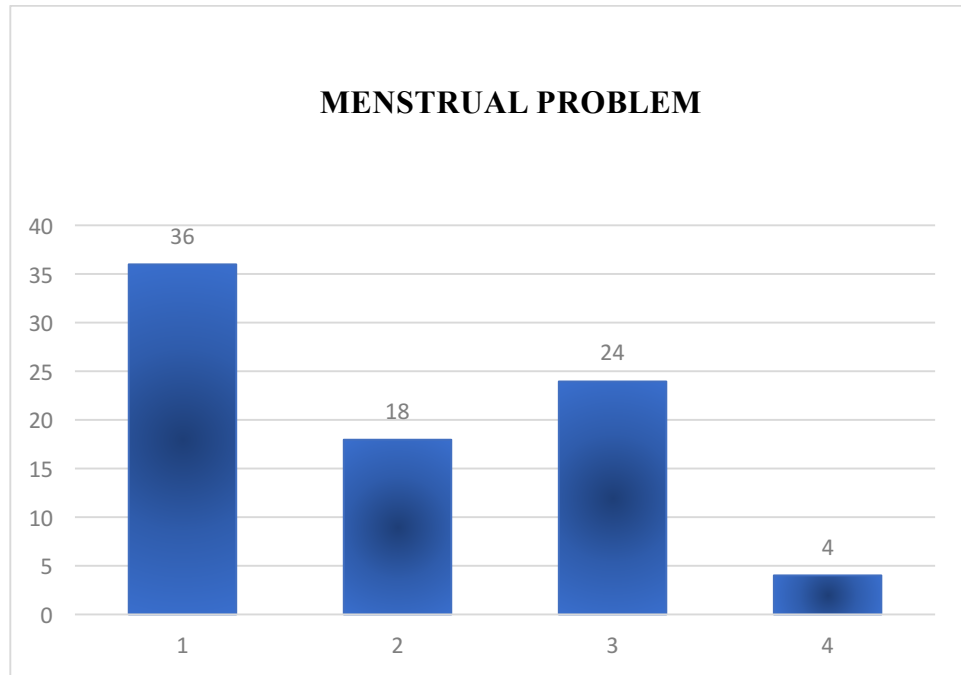
**1= DYSMENORRHEA 2= LOSS OF APPETITE 3=TIRED/BACK PAIN
4= EXCESSIVE BLOOD LOSS 5= NOTHING**

	FREQUENCY	PERCENTAGE
1	36	72.0
TOTAL	50	100.0

	FREQUENCY	PERCENTAGE
2	18	36
TOTAL	50	100.0

	FREQUENCY	PERCENTAGE
3	24	48.0
TOTAL	50	100.0

	FREQUENCY	PERCENTAGE
4	4	8.0
TOTAL	50	100.0



3.2.17 INTERFERENCE WITH ATTENDENCE

1=YES 2=NO

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	23	46.0	46.0	46.0
	2	27	54.0	54.0	100.0
	Total	50	100.0	100.0	

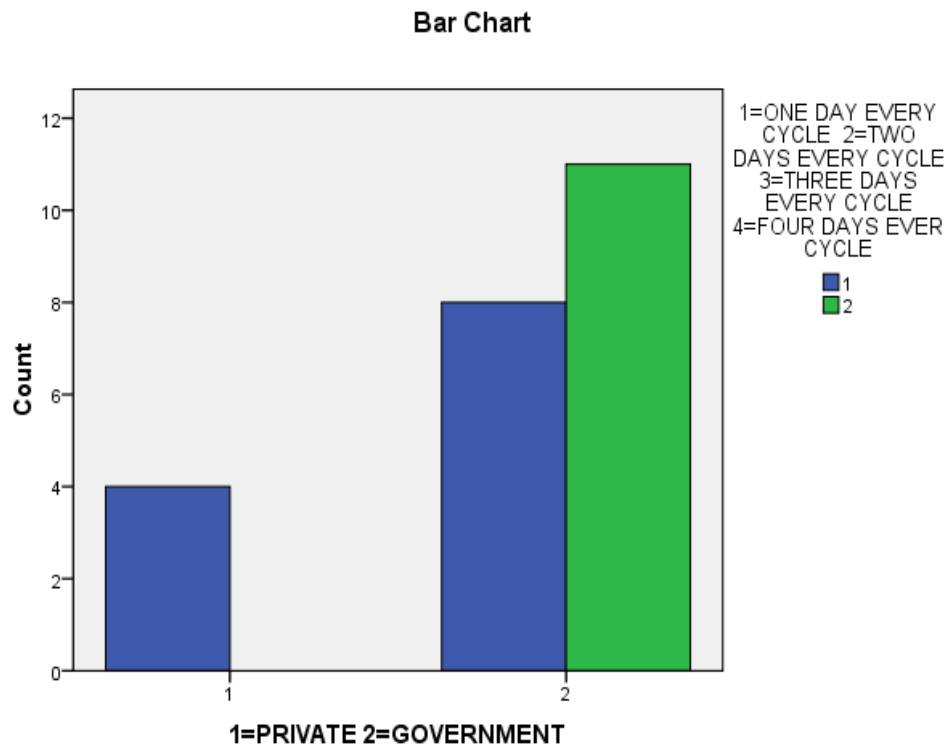
There are various factors that contribute towards interference with attendance it was seen that 46% of girls said menstruation interferes with there attendance. Lack of water facility, inadequate sanitation facility as well as menstrual problems cause absenteeism. Many studies showed that menstruation interfered with attendance but in this study 54% of girls said that menstruation didn't interfere with attendance. 12 girls missed school once a day out of which 4 were from private school and 8 from government school. 11 girls remained absent for two days every month and they all went to government school.

CROSSTABULATION

1=PRIVATE 2=GOVERNMENT * 1=ONE DAY EVERY CYCLE 2=TWO DAYS EVERY CYCLE 3=THREE DAYS EVERY CYCLE 4=FOUR DAYS EVER CYCLE Crosstabulation

Count

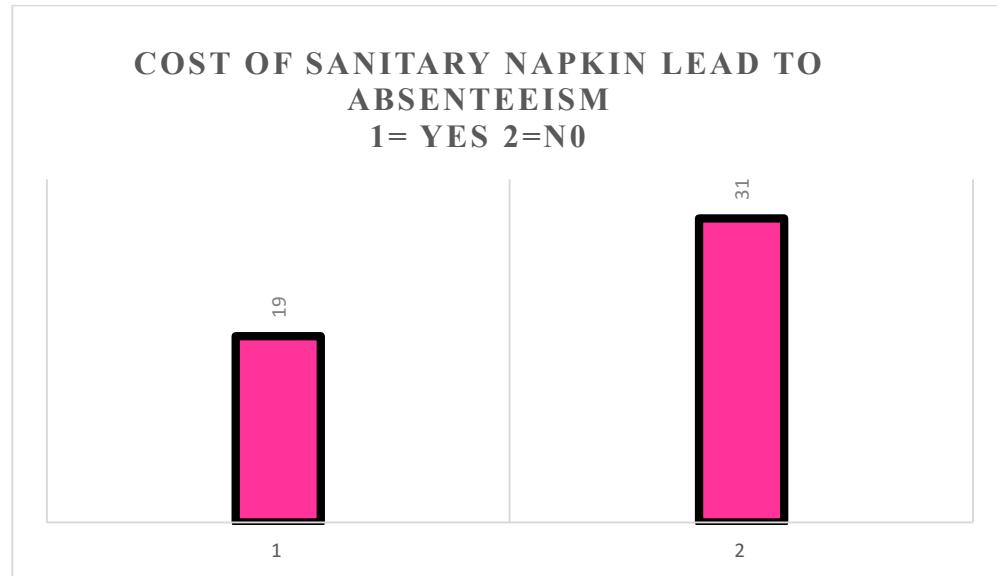
		1=ONE DAY EVERY CYCLE 2=TWO DAYS EVERY CYCLE 3=THREE DAYS EVERY CYCLE 4=FOUR DAYS EVER CYCLE		Total
		1	2	
1=PRIVATE	1	4	0	4
2=GOVERNMENT	2	8	11	19
Total		12	11	23



3.2.17 COST OF SANITARY NAPKIN LEAD TO ABSENTEEISM

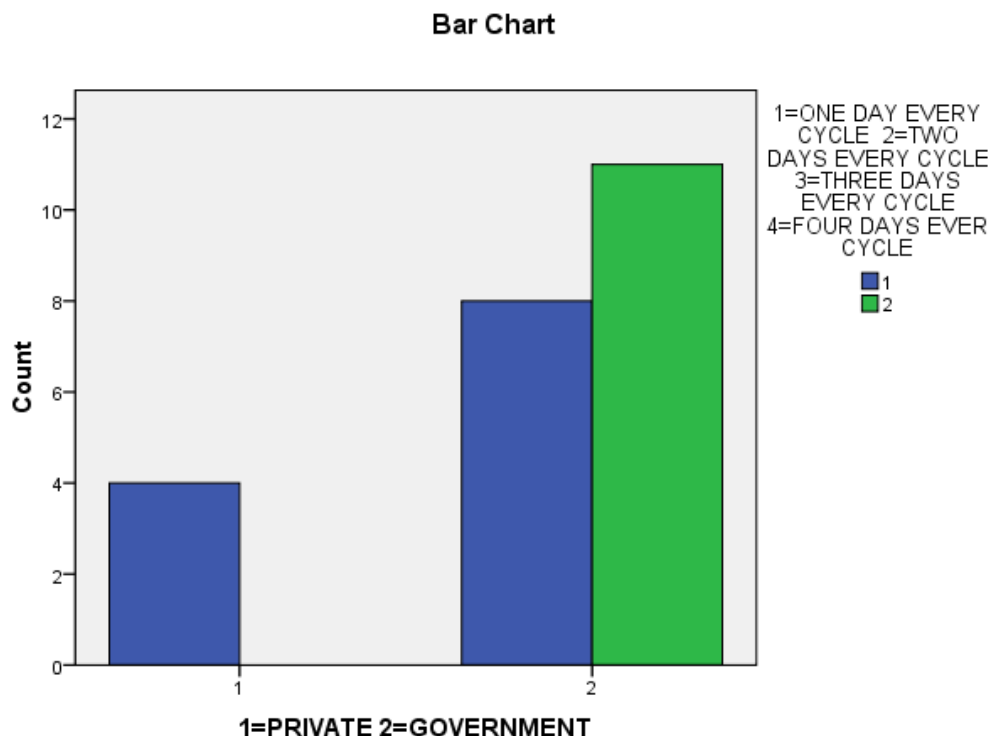
1= YES 2=NO

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	19	38.0	38.0	38.0
	2	31	62.0	62.0	100.0
	Total	50	100.0	100.0	



This study also highlights that the girls feel that the cost of sanitary napkin does not lead to absenteeism but there are various factors that contribute towards absenteeism like menstrual problems, lack of sanitation etc. 62% (31) girls said that menstruation does not lead to absenteeism while 38% said that it leads to absenteeism. 11 girls from government school missed 2 days of school every month and 8 girls missed one day every month they said the major reason was inadequate sanitation facility. The percent of absenteeism remained really low among the girls going to private school.

		1=ONE DAY EVERY CYCLE 2=TWO DAYS EVERY CYCLE 3=THREE DAYS EVERY CYCLE 4=FOUR DAYS EVER CYCLE		Total
		1	2	
1=PRIVATE	1	4	0	4
2=GOVERNMENT	2	8	11	19
Total		12	11	23



3.2.18 DO PARENTS STOP YOU FROM GOING SCHOOL DURING MENSTRUATION AND WHY?

Twenty -two parents of girls going to government school did stop girls from going to school during menses majorly due to lack of sanitation facility (16%)

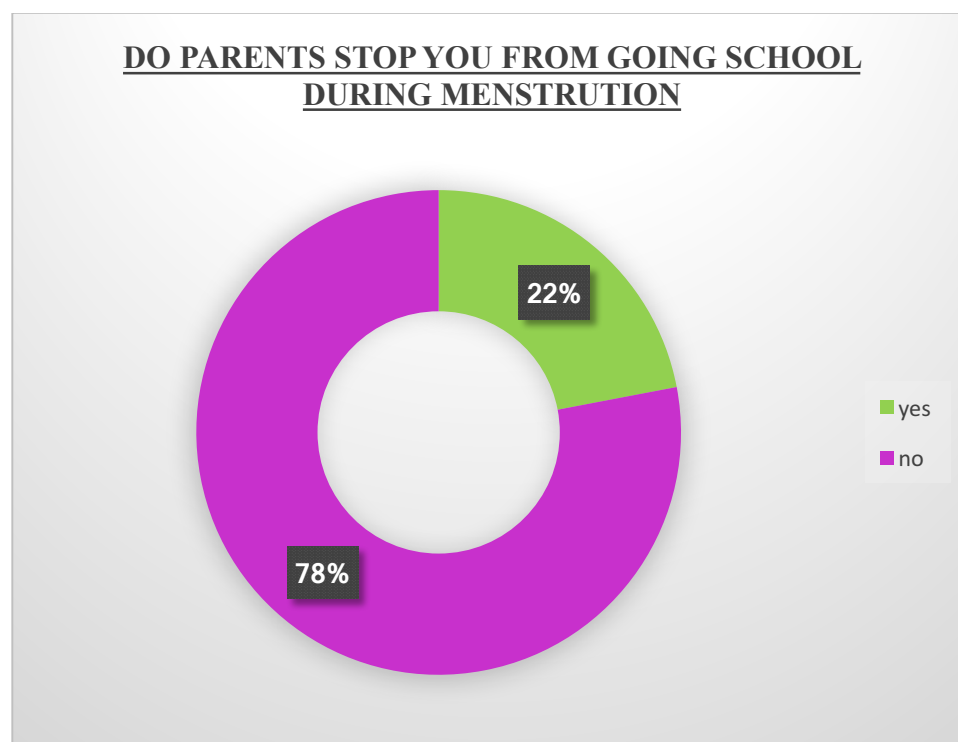
It was not only the sanitation facility that created obstacles but cost of sanitary napkins and lack of availability of sanitation facility were the otyher reasons.

Majorly (20 girls) girls going to private schools were not restricted from going to school because schools had better sanitation facility, sanitary napkins were available in school and affordability of sanitary napkins was not a problem for them.

DO PARENTS STOP YOU FROM GOING SCHOOL DURING MENSTUUAATION

1= YES, 2 = NO

	FREQUENCY	PERCENTAGE
1 (YES)	11	22%
2 (NO)	39	78%
TOTAL	50	100



CROSSTABULATION

1=PRIVATE 2=GOVERNMENT * 1= YES 2=NO

Crosstabulation

Count

		1= YES 2=NO		Total
		1	2	
1=PRIVATE	1	22	3	25
2=GOVERNMENT	2	5	20	25
Total		27	23	50

3.2.19 WHY?

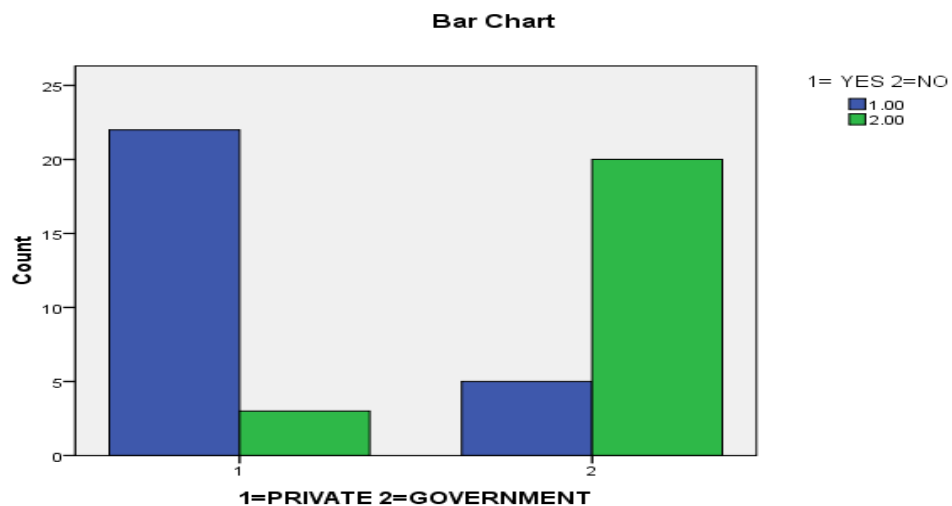
**1=TABOOS 2= LACK OF SANITATION FACILITY IN SCHOOL 3=COST OF
SANITARY NAPKIN 4=LACK OF ACCESS TO SANITARY NAPKIN**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	8	16.0	72.7	72.7
	3	2	4.0	18.2	90.9
	4	1	2.0	9.1	100.0
	Total	11	22.0	100.0	
Missing	System	39	78.0		
Total		50	100.0		

3.2.20 GST AND ITS IMPACT ON AVAILABILITY OF SANITARY NAPKINS

20 students from government school said that they didn't know the impact of GST on sanitary napkins. Instead of putting it under 8% slab they could have out put it under 0% slab. Five girls didn't have much knowledge. There were many who were aware that GST will make sanitary napkins cheaper but they majorly belonged to private school (22 students) only 5 students from government school knew about GST. Thus, everyone said GST should be removed on this product so that everyone has access.

1=PRIVATE 2=GOVERNMENT * 1= YES 2=NO Crosstabulation				
Count				
		1= YES 2=NO		Total
		1	2	
1=PRIVATE 2=GOVERNMENT	1	22	3	25
	2	5	20	25
Total		27	23	50



All students agreed to sanitary napkins be provided to low income groups and government schools at cheaper rates, NGO's that provide free sanitary napkin should increase in number and if sanitary napkins are provided at cheaper rate will it reduce the absenteeism.

CONCLUSION

Adolescence is a transitional period marked with menarche, an important milestone. This study was conducted to ascertain knowledge of menstrual hygiene among the adolescent girls. This study reveals that menstrual hygiene is not satisfactory among large proportion of the adolescents while ignorance, false perceptions, unsafe practices regarding menstruation continue to exist. Adolescent girls, their mothers and other family members can play a vital role, thus they need to be armed with correct and proper information regarding reproductive health. Various menstrual problems were identified in our study so further studies can be done to have detail exploration of phenomenon. Because of small sample size, the findings from the study cannot be generalized. However, despite of this limitation, the findings from this study could be the initiating point for other studies as this study pointed out that knowledge and practices regarding menstruation are not satisfactory among adolescents and there are several personal, behavioral and environmental factors which directly or indirectly influence these issues. Majority girls also felt that if GST is removed on this product it will reduce absenteeism and

I conclude that the proper menstrual hygiene and correct perception can protect the women from suffering. Thus the above findings support the need to encourage safe and hygienic practices among adolescent girls and bring them out of traditional beliefs, misconceptions and restriction regarding menstruation. Menstrual health is an important part of life cycle approach to women's health, so it is important for all adolescent girls that they should get a loud and clear messages and services on this issue

RECOMMENDATIONS

- The mothers of young girls should be educated with menstrual health hygiene, and be empowered with necessary skills to communicate with and transfer the information to their children.
- Health talks in schools can be helpful to improve menstrual hygiene practices.
- Sanitary napkins can be made available at cheap rate so that majority of them will use it during menstruation.
- Incinerators need to be installed at schools where the adolescent girls can dispose off their use napkins and also at strategic places.
- Government of India is starting a scheme of making available subsidized sanitary napkins to adolescent girls in the age group of 10-19 years in rural India from August 2011. As part of promotion of menstrual hygiene, the napkins will be sold by the ASHA to girls at a cost of Rs.6 for a pack of six i.e. Rs.1 per piece in the villages. This project should be implemented and executed at rural levels.
- Correct, authentic and accurate information regarding RTIs/STIs should be made available to all women including AGs. ARSH programme under the Reproductive and Child Health (RCH-II) programme implemented by NHM should be reinforced strongly along with popularising and scaling up Menstrual Hygiene Programme for adolescent girls in all districts.
- The Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) or Sabla implemented by the Ministry of Women and Child Development for adolescent girls between the ages 11-18 years in 205 districts may be rolled out across the country, and sanitary pads may be

included as one of the additional services to school and out-of-school going girls.

- Information about menarche and reproductive health should be introduced and strongly reinforced in the school curriculum from 5th class onwards along with the involvement of parents, particularly mothers to wipe out the age-old misconceptions. Using existing mechanisms of the School Health Programme to ensure supply of sanitary napkins and provision of adequate mechanisms in schools for the disposal of menstrual waste, could prove to be useful in improving reproductive health of Adolescent girls in India in the long run.

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QUESTIONNAIRE

A STUDY OF SANITATION FACILITY AVAILABLE TO SCHOOL GOING ADOLESCENT GIRLS WITH SPECIAL REFERENCE TO SANITARY NAPKINS

❖ SOCIO ECONOMIC PROFILE

1)Name:

2) Age:

3)Address: _____

4) Telephone number:

5) School:

6) Private / Government:

7) Grade:

8) School address: _____

9) Parents job status:

- a) Both do not work
- b) Only father works
- c) Only mother works
- d) Both Parents Work

e) Others(pension)

❖ OBJECTIVE 1: TO STUDY THE TYPE OF SANITATION INFRASTRUCTURE AVAILABLE FOR GIRLS OF SENIOR SECONDARY GRADE IN GOVERNMENT AND PRIVATE SCHOOL

10) Number of toilets available in the school:

11) Separate toilet for girls and boys:

a) Yes

b) No

12) Condition of toilets in school

a) All in good condition

b) Fair condition

c) Poor condition

d) Bad condition

13) Location of toilet facility

a) In the school building

b) Outside the school building

14) Do school toilets have proper water facility?

a) Yes

b) No

15) What facility school provides for washing hands

a) Wash basin with running water

b) Wash basin with bucket accessed water

c) Other

d) None

❖ **OBJECTIVE 2: TO STUDY THE AVAILABILITY OF SANITARY NAPKINS TO THE STUDENTS.**

16) Are dustbins in school available for disposal of sanitary napkin

- a) Yes
- b) No

17) Are sanitary napkin incinerator machines available in school:

- a) Yes
- b) No

18) Any other facility to purchase the napkins in emergency:

- a) Sanitary napkins available in the staff room
- b) Vending machine
- c) A separate girl's room

❖ **OBJECTIVE 3: TO STUDY THE RATES OF ABSENTEEISM DURING THE MENSTRUAL DAYS DUE TO LACK OF PROPER TOILET FACILITY**

19) Menstruation cycle:

20) Age at menarche

21) Duration of menstrual flow:

22) Preparedness during menstruation

- a) Not at all

- b) Not well prepared
- c) Prepared well
- d) I don't remember

23) Information on menses was acquired from:

- a) School teachers
- b) Mother
- c) Father
- d) Friends
- e) Sister
- f) Doctors/ Medical personnel
- g) Books and Magazine
- h) Films and video Two or more of the above

24) What is used for protection:

- a) Cloth
- b) Tissue paper
- c) Sanitary napkin
- d) Other material

25) If not sanitary napkin what is used and why?

26) Information on how to use protective materials

- a) Parents/ Mom or dad
- b) Friends
- c) Mass media (TV, Radio, Newspaper)
- d) Teachers
- e) From No one
- f) Two or more of the above
- g) Others

27) How many napkins are used in a month:

28) Frequency of change of absorbents

- a) 1 to 2 times
- b) 2 to 3 times
- c) 3 to 4 times

❖ OBJECTIVE 4: TO ANALYZE WEATHER COST AND AFFORDABILITY OF SANITARY NAPKINS LEADS TO ABSENTEEISM DURING MENSTRUAL DAYS

29) Money spent on sanitary napkin every month:

30) Disposal of sanitary napkin:

- a) Burning
- b) Dustbin
- c) Flushing in toilets
- d) Wash and reuse it again
- e) Others

31) Way of disposal of sanitary napkins:

- a) Wrapped in paper
- b) Wrapped in plastic bag
- c) Not wrapped

32) Practices restricted during menstruation among adolescent girls

- a) Religious work
- b) Household work
- c) Going to school
- d) Playing
- e) Eating certain food

33) Menstrual problem

- a) Dysmenorrhea

- b) Loss of appetite
- c) Tired/Back Pain
- d) Excessive Blood Loss
- e) Nothing

34) Interference with attendance/ Absenteeism

- a) Yes
- b) No

35) How often is class missed

- a) One day every cycle
- b) Two days every cycle
- c) Three days every cycle
- d) Four days every cycle

36) Does the cost of sanitary napkin leads to absenteeism

- a) Yes
- b) No

37) Will reduction in price reduce absenteeism?

- a) Yes
- b) No

38) Do parents stop you from going school?

- a) Yes
- b) No

39) If yes then why?

- a) Taboos
- b) Lack of sanitation facility in school
- c) Cost of sanitary napkin
- d) Lack of access to sanitary napkin

❖ **TO STUDY THE IMPACT OF GST ON THE AVAILABILITY OF
SANITARY NAPKIN.**

40) Are you aware that GST could have made sanitary napkins cheaper?

- a) Yes
- b) No

41) Should GST be removed on this product?

- a) Yes
- b) No

❖ **TO STUDY THE SUGGESTIONS GIVEN BY THE STUDENTS.**

**42) Should sanitary napkins be provided to low income groups and
government schools**

- a) Yes
- b) No

43) Should NGO's that provide free sanitary napkin increase in number

- a) Yes
- b) No

**44) If sanitary napkins are provided at cheaper rate will it reduce the
absenteeism**

- a) Yes
- b) No